

FOR
WOMEN OF
STYLE
AND
SUBSTANCE

MORE®

OCTOBER
2015

VOL. 18
NO. 8

HOW TO
FUND YOUR
PASSION
PROJECT

WHEN LIFE
FORCES YOU
TO REINVENT
PAGE 46

HORMONE
DISRUPTERS
IN YOUR HOME
WHY YOU'RE
AT RISK

LIV TYLER
THE POWER OF BEING
AN OPTIMIST

**WOMEN
WHO AGE
WELL**
RULES THEY
FOLLOW,
RULES THEY
BREAK

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CONTENTS

OCTOBER 2015



66



94



72

ON THE COVER

37 HOW TO FUND YOUR PASSION PROJECT

46 WHEN LIFE FORCES YOU TO REINVENT

110 HORMONE DISRUPTERS IN YOUR HOME: WHY YOU'RE AT RISK

66 LIV TYLER

72 WOMEN WHO AGE WELL: RULES THEY FOLLOW, RULES THEY BREAK

25 34 BEST BEAUTY PRODUCTS OF THE YEAR

30 THE CHICEST NEW SUITS YOU'LL LOVE

IN EVERY ISSUE

10 THIS MONTH AT *MORE*

12 EDITOR'S LETTER

120 STYLE & SUBSTANCE

FEATURES

66 LIV TYLER GROWS UP
Her dad's a rock legend. Her childhood was . . . eccentric. Now an expert optimist, the *Leftovers* star fills her days with kids, work and a little bit of magic
By Allison Glock

72 WOMEN WHO AGE WELL: RULES THEY FOLLOW, RULES THEY BREAK
Meet 17 women whose hair, skin and personal style are the best they've ever been. We list the products they depend on, the beauty routines they believe in and the life advice that's gotten them this far

88 THIS IS WHAT A FEMINIST LOOKS LIKE
What do Caitlyn Jenner and teenage boys have in common? They're at the forefront of the women's movement. Why "feminism" is a good thing for everyone
By Jennifer Baumgardner

94 THINK PINK
Accessories in the season's "it" color

102 THE WOMAN WHO STOOD UP TO ISIS

In her 11 trips to Syria to report on Islamist extremism, CBS News correspondent Clarissa Ward has dodged bullets, crept across borders and interviewed jihadi leaders and defectors. Her moving reports show the depth of a nation's pain and the accelerating horror that is ISIS. How she balances risk and reward

By Sheila Weller

Now's your chance
to tell us what you think: Take our online survey at more.com/october-2015-survey and let us know everything you loved—or didn't love—about this issue.

Cover photo: Jan Welters. Stylist: Joanne Blades; hair: Johnnie Spong at JedRoot using Leonor Greyl; makeup: Rie Omoto for Three at See Management; manicure: Gina Edwards at Kate Ryan Inc. using Chanel Les Vernis; tailor: Christy Rilling/Christy Rilling Studio. Lanvin lace dress; Barneys New York. To get Tyler's look, try Three Cosmetics Complete Harmony Foundation, Shimmering Glow Duo in 01, 4D Plus Eye Palette in Song of Silence, Lip Jam in Silence Says and Advanced Smoothing Concealer.

PHOTOS, FROM LEFT, JAN WELTERS, PHILIPPE LACOMBE, ARI MICHELSON



ROBERTO COIN

CONTENTS

OCTOBER 2015



20



25



30

BEST OF THE BEST

17 - 23

BEAUTY: Fall's wickedly wearable lipstick, eyeliner and perfume
FASHION: Edgy, inky accessories for your next trip to the dark side

AFICIONADO

25 - 34

BEAUTY: The 19 best beauty buys of 2015
FASHION: Thanks to an upgrade, tweed is now easier for women to wear
IN HER CLOSET: Erica Reid, author, health advocate and wife (of music producer L.A. Reid)

PORTFOLIO

37 - 40

ENTREPRENEUR: Having trouble finding funding for your business? Entice venture capitalists by using these tips
FINANCE: The pros and cons of trying a digital investment adviser
TECH: Five cool new pairs of headphones (one even drowns out snoring!)

VOICES

45 IN HER WORDS

Fashion designer Donna Karan reveals her next big project. Plus, why she thinks failure is important, and why you never say no to Barbra Streisand **By Sharon Cotliar**

46 WHAT YOU LEARN ABOUT LIFE FROM FACING DEATH

Her first mammogram (which was broadcast live on national television) revealed cancer. In her new book, *Good Morning America* anchor Amy Robach reflects on how the disease taught her to stop chasing perfection **By Sharon Cotliar**

50 FINDING MEANING—AND A CAREER—AFTER DIVORCE

When she and her husband parted ways, this former stay-at-home mom vowed to help other women through the process. How she turned her mission into a business **By Andrea Cooper**

54 BOOKS

Rocker Patti Smith's latest memoir, plus surprising new research about mental illness

58 SHEAR RELIEF

After decades of pulling, twisting and braiding, the writer decides to cut off her chemically straightened locks and let her true self shine through **By Dionne Ford**

64 LESSONS FROM THE WILD GIRLS

A man learns the truth about his seemingly meek mother by seeing her through the eyes of the troubled young women she brought into their home **By Bill Clegg**

HEALTH

110 ARE HOUSEHOLD CHEMICALS MAKING YOU SICK?

Any time you brush your teeth, breathe airplane fumes or touch cash register receipts, you could be coming into contact with substances that can alter your hormones. How worried should you be? **By Linda Marsa**

116 CARNAL KNOWLEDGE

The case for porn, and the best lube you can use

philosophy: the best is yet to come



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AND ON more.com

NATIONAL BEAUTY MONTH GIVEAWAY WORTH OVER \$1,500

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THESE 34 BEAUTY PRODUCTS—
WHICH YOU'LL LOVE

THEY WERE THE STANDOUTS among the 750 new hair, skin, fragrance, makeup and nail products evaluated for the 2015 Cosmetic Executive Women Insiders' Choice Beauty Awards, otherwise known as the Oscars of the beauty biz. The judges: 6,000-plus beauty professionals (including *More's* deputy editor, beauty, Didi Gluck). To see the list of these 34 winners, go to more.com/CEWprize. Enter for a chance to win them all (retail value: \$1,552) at www.beautybash.me. Of the 34, *More* chose 19 favorites; to learn about them, see page 25.

NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules available at beautybash.me. The National Beauty Month Sweepstakes begins at 12:01 AM EST on August 24, 2015, and ends at 11:59 PM EST on October 31, 2015. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. Void where prohibited. Sponsor: Meredith Corporation. Sweepstakes is offered by Meredith Corporation and may be promoted by any of Meredith's publications in various creative executions online and in print and at additional URLs at any time during the sweepstakes.

GET PAID

WHAT YOU'RE WORTH

COME HEAR experts from Harvard Business School and elsewhere discuss how to get that raise or promotion, and gain some surprising insights into the gender pay gap. The event will be hosted by *More* at the Harvard Club in New York City on October 28. Bring questions. For more information and to buy tickets, go to more.com/salaryevent.

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LETTER FROM

THE EDITOR



How to age honestly

WHEN I became editor-in-chief of *More* seven years ago, women were beginning to move away from face-lifts and toward the less invasive injectables. As a result, in countless magazine cover stories (including many in *More*), the interviewer would invariably ask the celebrity what was then the ultimate “gotcha” question: “Would you ever have Botox?”

The question created a silly Kabuki dance between the writer and the star. Because of Hollywood’s disgraceful youth obsession, we can assume that many female celebs had indeed tried the new techniques. So an actress who was regularly using wrinkle relaxers would attempt to furrow her frozen brow at the question, then produce an acceptably feminist answer: “I tried Botox once, but I’d never use it again,” or “Of course not. I love the lines on my face.” The problem was, there were never any lines!

As I’ve said before, I am not a plastic surgeon. I can’t tell if someone has had cosmetic procedures. But we can all tell when someone looks drastically younger than the age that comes up on Google. So I made sure that *More* stopped asking that question.

What surprises me is not that celebrities feel they must keep quiet about their procedures but that the rest of us do. Why are we still acting as if interventions were shameful and taboo? It appears we have decided that, in terms of aging, women divide

into two categories, the naturals and the fakes. You who are naturals eschew intervention, and you have your reasons (moral, cultural, financial or maybe some blend of the three). Other women, including me, are OK with tweaks that make us look “more like ourselves” or “fresh and rested.” I don’t call that fake. I call that a woman’s right to do what feels best for herself and, in some cases, her career. And all of us—naturals and tweekers—can age gracefully, looking beautiful in the way we feel most comfortable.

As I see it, the more we imply that anyone

who tweaks has somehow cheated, or faked it, the more we put one another down. You know the conversation. Someone says, “She looks great!” Another person (who may have done some tweaking herself) retorts, “Yeah, but you know, she’s *had work!*” Phew, now we all feel better, right?

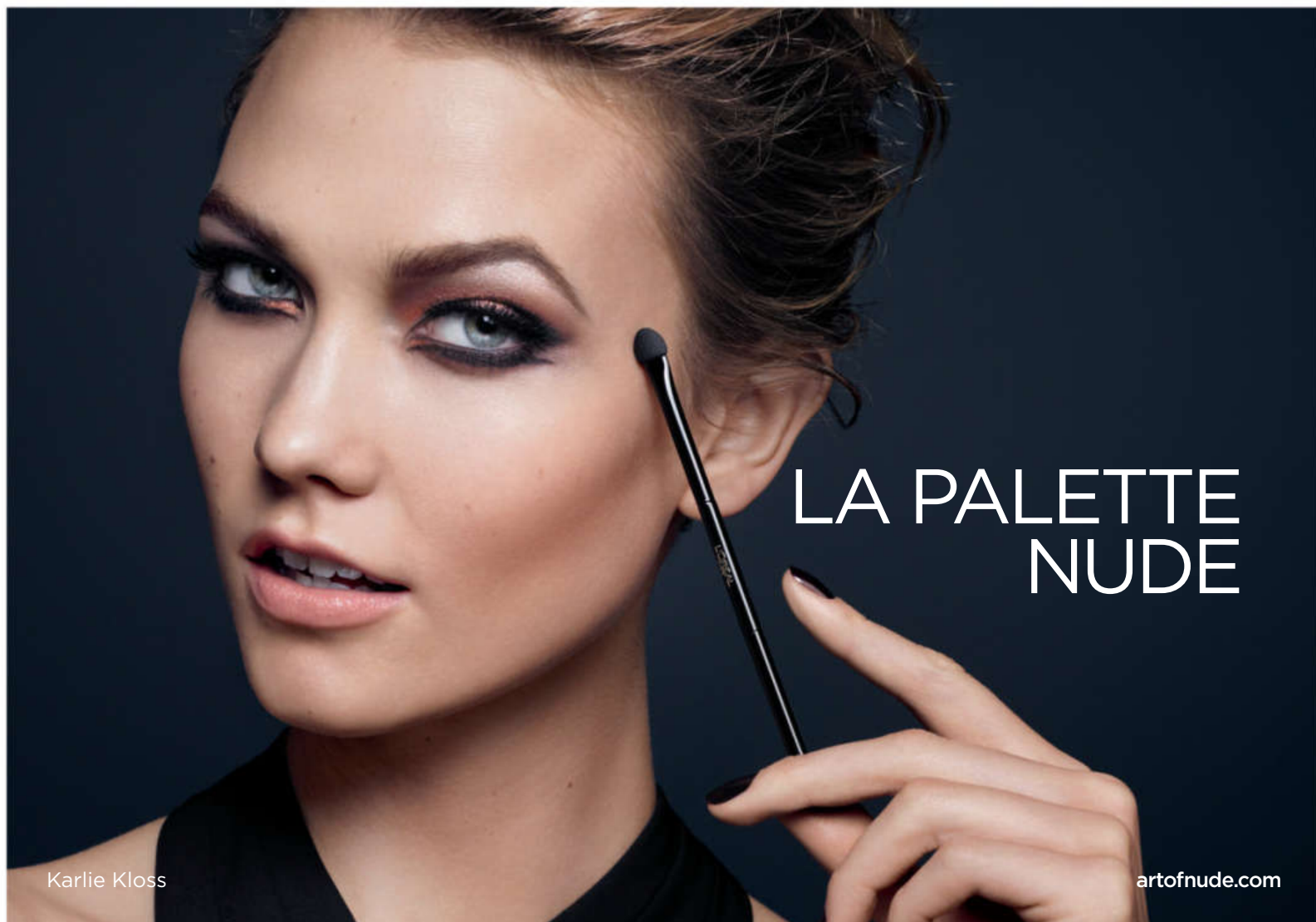
To that I say: My butt’s had work (in the form of exercise); my hair’s had work (in the form of expensive color and cut); my legs have had work (in the form of shaving). So how do we decide which forms of self-improvement are *not* acceptable? When have you ever heard someone say, “Sure her skin looks fresh and pearly—but, you know, she *stopped smoking!*”

Here’s an idea. Let’s celebrate *all* women’s choices about aging. Post a great photo of yourself on Instagram using the hashtag #honestyinaging and list what you do—from nothing to a lot. We will pull everyone’s photos together into a joyous bleat of validation so that next time, when someone asks if you’ve had work, you **can just tell the beautiful truth!**

LESLEY JANE SEYMOUR
Editor-in-Chief

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FACEBOOK.COM/LESLEYJSEYMOUR

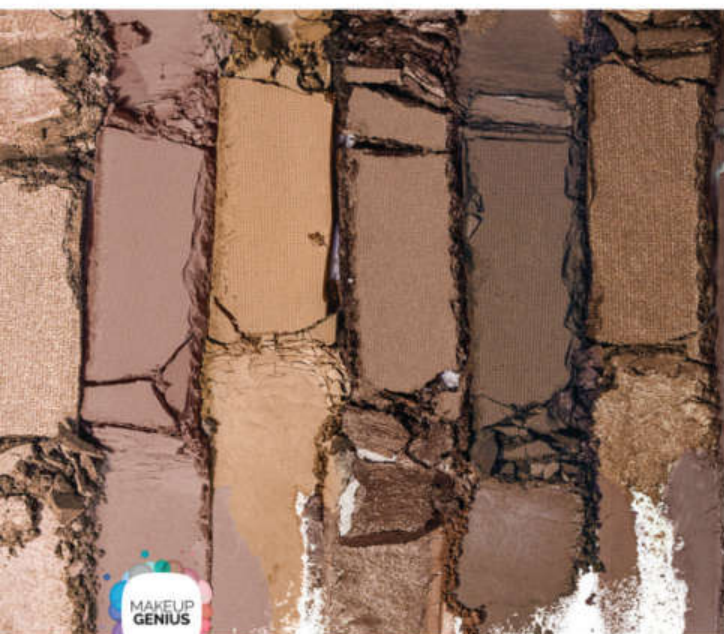
YOU BE MORE’S EDITOR—AND WIN \$10,000! I know you have an opinion about every page in the magazine. Now’s your chance to vent—by taking our online survey. It’s simple. After you’ve read this issue, just go to more.com/october-2015-survey and tell me what you think—and enter to win \$10,000. Please note: Complaints are as welcome as compliments. Really! Because knowing more about your reactions—whether positive or negative—is what helps me make the magazine better. For rules, see page 118.



Karlie Kloss

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« 1 »

LIP COUTURE

Darker than the signature scarlet soles of the designer's shoes, this brown-red Christian Louboutin lipstick is housed in a sumptuous, bullet-shaped case (created "to lie in repose like a precious vial," explains Louboutin). Blood red not for you? Try one of the 37 other hues in this lustworthy new lip collection. And whatever the color, you can string the case on a chain and wear it around your neck.

CHRISTIAN LOUBOUTIN
*Rouge Louboutin in Sheer Voile
and Silky Satin;*
CHRISTIANLOUBOUTIN
.US.COM.



DEVIL MAY CARE

THIS FALL'S GOTHIC TREND IS ELEGANT (RATHER THAN EDGAR ALLAN POE EERIE). RADIATE POWER—AND DANGEROUS CHARM—WITH CRIMSON LIPS, DEFINED EYES AND AN ENCHANTING EAU

BEST OF THE BEST

BEAUTY



« 2 »

LIGHT AS A FEATHER

Crafted to recall a calligraphy quill, this eyeliner brush boasts bristles that won't tug at delicate lids. It's also extra long, which makes for a better grip and therefore easier application. Thanks to the length, "you can dip the brush into the liner pot and create a thin line or a bolder cat-eye all in one stroke," says Sarah Lucero, global director of artistry at Stila.

STILA *La Quill Eye Liner Brush*
and *Got Inked Cushion Eye Liner*;
STILA.COM.

« 3 »

**IN THE DEAD
EAU NIGHT**

The latest version of Trésor, a cult classic, juxtaposes romantic rose with vanilla orchid for a scent both sweet and seductive. "It's the black gold of perfumes: a bewitching aroma that carries us through the night," explains Lancôme perfumer Amandine Marie.

LANCÔME *La Nuit Trésor*;
LANCOME.COM.



⌘ HAUTE GOTH ⌘

IF YOU'RE PLANNING A TRIP
TO THE DARK SIDE, THIS SEASON'S EDGY, INKY ACCESSORIES
WILL GET YOU THERE

« 1 »

CHAIN MAIL

The heavy, graphite-hued links of this necklace are both beautiful and badass. Wear it on its own or layer it with other silver and spiked pieces, and you'll have all the body armor you need.

ATELIER SWAROVSKI
ruthenium-plated necklace
with Swarovski crystals;
RONROBINSON.COM.





TEMPLE ST CLAIR

FINE JEWELLERY



ATHENA OWL RINGS

BEST OF THE BEST

FASHION

« 2 »

BOOT CAMP

The moto boot has evolved, thanks to unexpected cutouts, linear stud detailing and a fitted midcalf silhouette. Wear it with skinny pants (tucked in), wide-leg pants (hanging out) or long skirts. It's just tough enough.

LAURENCE DACADE

studded leather boots; NEIMAN
MARCUS.COM.





« 3 »

BOX STAR

Sure, you could pair your sheath with a lovely silk pouch or a delicate shoulder bag. Or carry this bat clutch and turn up the volume on your slightly sinister sexy side. ☹

STUART WEITZMAN *Ayers clutch*; 512-834-2800. For prices and links to products, go to more.com/wheretobuy.

MORE IMPACT AWARDS

JUNE 29, 2015 WASHINGTON, D.C.

The first annual *MORE* Impact Awards brought to life our special July/August issue, which was guest-edited by the First Lady. At the high-profile event, four women of purpose were honored. Mrs. Obama, actress Robin Wright, Peace Corps Director Carrie Hessler-Radelet and *MORE* executives celebrated the positive impact our honorees have made in the world and emphasized the importance of giving back.



CLOCKWISE FROM TOP LEFT First Lady Michelle Obama; *MORE* Impact Award Honorees Lillian Collins and Vivian Onano, *MORE* Editor-in-Chief Lesley Jane Seymour, Honorees Ingrid Cook and Lyn Berman; Lynette Brubaker of Lividini & Co. with Felicia Pandola and Cheryl Cotterman of Hartmann; Military Spouse Guest Speaker on Behalf of Toyota, Betty Easley, with Peace Corps Director Carrie Hessler-Radelet; Philanthropist John Prendergast and Actress Robin Wright; Caryl Capeci and Angie Kielt of Hearts on Fire with *MORE*'s Managing Director, Jennifer Marder.

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2015's BEST BEAUTY PRODUCTS

When a new beauty product fails to deliver, your wallet is the loser. That won't happen with these 19 outstanding items, chosen as among the year's best by the Cosmetic Executive Women, aka 6,000+ industry veterans. There's a prizewinner perfect for you »

BY ALANA PEDEN

1

LACQUER WITH LONGEVITY

Who doesn't love the look and durability of a gel manicure—and loathe the tedious removal process? That's why we perked up when **SALLY HANSEN** launched *Miracle Gel* (**\$20 FOR COLOR AND TOP COAT, DRUGSTORES; SHOWN ON PREVIOUS PAGE**), a two-step system that doesn't budge for up to two weeks but comes off easily with regular remover. The color and top coat work synergistically to cure the formula in natural light, explains David Cole, vice president of marketing for Sally Hansen. This fall there are 14 chic new hues and an ultraglossy top coat.



2

BERRY CLASSY SCENT

MARC JACOBS's latest eau is perhaps his most wearable. A fruity-floral blend of blackberry, jasmine and coconut water, *Daisy Dream* (**FROM \$52; SEPHORA.COM**) boasts a just-picked freshness appropriate for AM presentations, after-work cocktails and everything in between.



3

MOISTURIZING MUD

Forget what you know about mud masks (their hardening, cracking and drying effects). **GLAMGLOW** *Thirstymud Hydrating Treatment* (**\$69; SEPHORA.COM**), a silky, coconut-scented salve, sinks instantly into skin to deliver serious hydration. "A special micro-clay traps and retains moisture beneath the skin's surface," explains Glenn Dellimore, a cofounder of GlamGlow. He shares a tip: "Apply the cream right before a flight. No one will know because it's colorless, and your skin will be soft and supple by the time you land."



4

YOUR COLOR'S KEEPER

L'ORÉAL PARIS *Superior Preference Mousse Absolue* (**\$15; DRUGSTORES**) is the first at-home hair color that yields multiple applications—and zero messes. The canister combines the dye and developer as the product is being dispensed, so you can cap the leftover product and use it for up to a year. Keep a canister on hand to touch up the most visible problem areas (i.e., the hairline and temples), suggests L'Oréal Paris celebrity colorist Kari Hill.



5

LUXE, NO-BLEED LIPSTICK

DIOR *Addict Fluid Stick* (**\$35; DIOR.COM**) marries the color payoff of lipstick to the shine of a gloss—and avoids the downsides of each. "The water-based texture is weightless and doesn't creep or bleed into fine lines around the mouth," says Dior celebrity makeup artist Ricky Wilson. Our favorite color for fall, berry-tinged Chic No. 784, flatters nearly every skin tone.



6

GROWNUP ZIT ZAPPER

Adult acne should be handled gently, which means that most products on the market won't do. That's because they're aimed at oily-faced teenagers, whose young skin is thick enough to take it. Not so their elders'. "Harsh treatments may cause inflammation, which

can increase the severity of breakouts," explains Nadine Pernodet, PhD, vice president of Skin Biology & Bioactives at Estée Lauder—not to mention make your skin look red and irritated. To the rescue: **ESTÉE LAUDER** *Clear Difference Targeted Blemish Treatment* (**\$35; ESTEELAUDER.COM**), which clears problem spots precisely with salicylic acid and willow bark while respecting your skin's natural balance. The result is a complexion that looks healthy as your pimple heals.



7

MAGIC MASCARA WAND

LANCÔME *Grandiose Mascara* (**\$32; LANCOME.COM**) is perfect for those who seek a clean, sophisticated look. The ergonomic wand is easy to wield, while the lightweight formula lengthens, lifts and separates your fringe. "Grandiose makes the most of your lashes without going overboard," explains Sandy Linter, a celebrity makeup artist for Lancôme. "You get the wow factor without any stiffness or flaking."



8

FOUNDATION REVELATION

If you adopt one Asian skin-care trend, let it be cushion foundation. **LANEIGE** *BB Cushion* (**\$34; TARGET.COM**) bears all the bells and whistles of a blockbuster BB cream—hydration, brightening and SPF 50—but compared with those sometimes-thick formulations, this one feels as light as air. "Cushion packaging allows for easy and even product distribution, so you can touch up all day long without a cakey look and feel," explains Laneige makeup artist Cat Koh. Hint: Flip the cushion over when you think you've run out—there's more on the other side. »

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FANNING BRUSH

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LASH
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tional
FULL FAN EFFECT



9

MAKING WAVES

Spritzing **LIVING PROOF** *Instant Texture Mist* (\$26; LIVINGPROOF.COM) all over strands will coax tousled body (hello, Gisele) out of most hair types. And while many texturizing sprays tend to leave hair feeling dirty, this one relies on a patented molecule called PBAE that bonds to hair, adding bulk sans residue. Style with or without heat—and plan on not washing for a while. “Blasting hair with a blow-dryer will revive the look for up to 48 hours,” says Living Proof creative director Tim Rogers.



10

CAMO FOR CROW'S-FEET

Like an Instagram filter, **L'ORÉAL PARIS** *Revitalift Miracle Blur Instant Eye Smoother* (\$25; DRUGSTORES) reinterprets reality a bit. Laced with retinol, vitamin C and peptides, the translucent cream softens the appearance of lines around your eyes. And you can wear it under makeup. “It creates a barrier to creasing, so concealers won't settle into wrinkles,” explains L'Oréal Paris makeup artist Sir John.



11

FAST-ACTING FACE PLUMPER

Made from the nuts of African marula trees, **MARULA** *Pure Beauty Oil* (\$78; SEPHORA.COM) packs in more antioxidants and nutrients than other popular oils, such as argan and jojoba. It also contains a high dose of

fatty oleic acid, which speeds absorption, so there's no greasy residue. Another reason to love Marula: Not only does it soothe, hydrate and plump your face, but its main ingredient is harvested through a sustainable fair trade partnership with East African communities.



12

WHITE STRIPS THAT WORK

Teeth begin to discolor in your thirties; by the forties and fifties, changes are noticeable. “Molecules from our bodies called porphyrins accumulate over time, and they appear as yellowness that can't be removed by brushing or cleaning,” says Paul Sagel, global research fellow at Procter & Gamble. **CREST 3D White Professional Effects Whitestrips** (\$50; DRUGSTORES) are clinically proven to remove 14 years' worth of stubborn stains in four weeks, thanks to enamel-safe bleach and strips that fit snugly. Need more incentive? “Whiter teeth are associated with the impression of being successful, smart and nice,” adds Sagel.



13

UNIVERSAL ANTI-AGER

Traditional toners can strip skin and leave it feeling tight, but **SHISEIDO** *Ultimune Power Infusing Concentrate* (\$65; SHISEIDO.COM) actually bolsters your skin's barrier with fortifying yeast and Asian botanicals. “Like a multivitamin, Ultimune increases the skin's immune functions, giving it the strength to fight against environmental threats, stress and aging,” explains Gisela Ballard, executive director of marketing at Shiseido. The gentle ingredients mean this anti-ager can be incorporated into any skin-care regimen, after cleansing and before moisturizing.



14

ROUGE YOU CAN USE

It may appear bright in the tube, but **SONIA KASHUK** *Dewy Luxe Lip & Cheek Balm* (\$10; TARGET.COM) adds a wash of color so sheer, you don't even need a mirror to apply it. For a lifting effect, Kashuk recommends blending the light-catching formula high on the apples of cheeks, toward the hairline.



15

BORROW FROM THE BOYS

Industry sources report an uptick in the number of chic women choosing men's colognes for their clean, unexpected scent (so different from feminine florals). If you find that thought appealing, consider **DIOR HOMME** *Eau for Men* (\$89; DIOR.COM). Laced with Moroccan grapefruit, Calabrian bergamot and amber, the blend is woody but not overpowering.



16

A BETTER BODY CREAM

JERGENS *BB Body Skin Perfecting Cream* (\$13; DRUGSTORES) extends the multihyphenate benefits of BB creams south and comes in two shades, which cover most skin tones. Shea butter, optical blurring agents and a pinch of DHA (the ingredient in self-tanner that creates color) give the body an immediate glow, while collagen and elastin work to firm skin and even the tone in as little as five days.



17

LIP UNLINER

Like an anti-aging eye cream for your lips, **FRESH Sugar Advanced Therapy Lip Serum** (\$35; FRESH.COM) targets the paper-thin, wrinkle-prone skin on and around your pout. The salve is infused with botanical ingredients like acmella flower and fruit extracts to hydrate, plump and define your contours. For younger-looking lips and fainter lip lines, apply before or without lipstick and extend into any creases above your Cupid's bow.



18

DARK-SPOT ELIMINATOR

Successfully treating hyperpigmentation without a prescription is typically a headache. But **LA ROCHE-POSAY Pigmentclar Dark Spot Correcting Serum** (\$53; LAROCHE-POSAY.US) employs a brightening compound that tested better than dermatologist-recommended lighteners (like hydroquinone, kojic acid and vitamin C) to annihilate nearly 40 percent of dark spots. And since it's free of fragrance and bleaching agents, the formula works on both sensitive and dark skin tones. Smooth over your face twice daily to see results in as little as eight weeks.



19

TWO-IN-ONE EYE OPENER

FLOWER Eye 2 Eye Marker and Volumizing Mascara (\$10; WALMART.COM) defines eyes with ease and also saves space in your makeup bag. One side of the double-ended wand houses a lash-fattening mascara while the other boasts a goof-proof liquid eyeliner. The sturdy, Magic Marker-esque tip glides over crinkly eye skin to craft a straight line, says *More* editor-in-chief (and devoted fan of the product) Lesley Jane Seymour. ☺

To learn how you can win all 19 products seen here—plus 15 more—turn to page 10.



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TODAY'S VERSION
IS LIGHTWEIGHT AND FIT FOR
A FEMININE SHAPE

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JONNY LICHTENSTEIN

SUIT UP

The appeal of menswear endures, but this season designers have smartly updated the shapes and fabrics to better flatter the female form. "The pieces are much lighter in weight," says Rae Ann Herman, vice president and fashion director at Saks Fifth Avenue. "It makes them infinitely more comfortable and easier to layer." Look for versions with interesting details, like the wide lapels, accent buttons and flared sleeves at left.

DEREK LAM *tweed crepe single-breasted jacket and wide-leg trousers;*
DEREKLAM.COM. JIMMY CHOO *patent leather flats;*
JIMMYCHOO.COM.



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IT'S A CINCH

Have waistline, will accentuate it. Designers are using belts to nip everything from tweed overcoats to longer suit jackets (right), to great effect. "It's a more feminine approach to menswear," says Herman. "Jackets are fitted, skirts are slim, and the accent is definitely on the waist." Best bet? A skinny belt in either a neutral color or basic black. Herman also suggests adding a hit of shine to further feminize the look. "Pin a cluster of vintage-looking brooches on one lapel," she says.

MICHAEL KORS COLLECTION tweed wool bouclé jacket and pencil skirt, poplin shirt and leather belt; 866-709-5677. **DKNY** leather ankle-strap pumps; 800-231-0884. **SOPHIE BILLE BRAHE** 14k yellow-gold and pearl earring; **DOVER STREET MARKET**, 646-837-7750.



SMARTY PANTS

Wide-leg trousers are trending and are especially chic when paired with a coordinating button-down instead of a jacket. Meet your new suit. “The style is great for work,” says Herman, who also loves a bold detail, like the wide cuffs at right. “The shape is very flattering for most women.” What’s the smart shoe game? Herman loves height. “Try a boot with a stacked heel or round-toe pumps in some shade of brown instead of black,” she says. “It will provide contrast to all the black and gray in the fabrics.”

STELLA McCARTNEY wool shirt with attached apron detail and trousers; 212-255-1556. **DKNY** leather ankle-strap pumps; 800-231-0884. For prices and links to products, go to more.com/wheretobuy. ©



AFICIONADO

IN HER CLOSET



A NIGHT OUT calls for black leather jeans paired with a burgundy satin jacket (above), a gem from a collection that Tom Ford designed for Yves Saint Laurent in 2004. “He really knows how to do sexy cool,” Reid says. The vintage green-and-gold bracelet (right) is treasured. “Green is a favorite color, and I love the weight of it.”



A DRESS WITH drama (left) always works. Reid’s husband gave this Dior beauty to her years ago. “I love everything about it—the shape, the detail, the color. I’ll have it forever.” The studded shoes (below) are from beloved designer Azzedine Alaïa. “He’s a true original,” she says.



Statement-making style

ERICA REID

ERICA REID has no interest in blending in. “I think of my clothes as art,” she says. “I don’t believe in rules; I like drama.” Reid, wife (of music producer L.A. Reid) and mother (of two), is a healthy-eating advocate who has a new cookbook due out in 2016. Style is a passion, and her collection of clothes is very personal. She buys only what she loves: couture construction, intricate beading, vivid color and architectural shapes. She also favors sky-high shoes from designers such as Dries Van Noten and Charlotte Olympia (eight inches? No problem). I pick up a pair of chunky-heeled Chanel platform Mary Janes with hand-crocheted floral embellishment. “Do you want to try them on?” Reid asks. I kick off my flats in an instant.

Burrowing into her wares is like going on an archaeological dig spanning the past eight decades. Every piece is statement making (a cropped black sequined jacket with silver-beaded bow closures; a long brocade cream-and-gold topcoat). Reid holds up a vintage Yves Saint Laurent color-blocked suede coat, soft as butter and perfectly worn. I totally get the appeal. “It’s an oldie but a goodie,” she coos. “I buy high, low, vintage, new, as long as it’s unique. I think of my closet as a wine cellar. I keep things for a long time because I know they’ll get better with age.” —**SUSAN SWIMMER**

HAIR: EDRISS FOR EDRISS SALON; MAKEUP: INGEBORG USING DIOR SHOW; PROP STYLIST: JOJO LI AT HELLO ARTISTS

*Clinical results on Night Cream and Serum © Johnson & Johnson Consumer Companies, Inc. 2014.

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A woman with dark hair, wearing a light-colored sweater, is looking upwards with a slight smile. In the background, an American flag is visible, waving against a cloudy sky. The text is overlaid on the lower half of the image.

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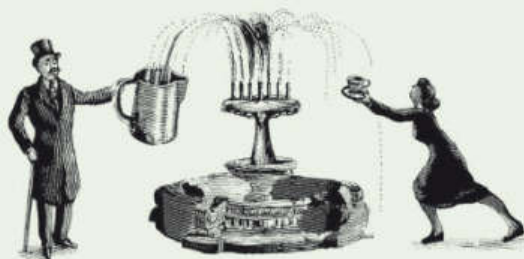
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The real reason you're not getting funding

AFTER JULIA PIMSLEUR raised millions to fund her language-learning program for children, Little Pim, she was shocked to discover that only 4 percent of venture capital went to women-run businesses. Now it is her mission to help other women get a piece of the VC pie through her fund-raising boot camp, called Double Digit Academy, and new book, *Million Dollar Women*.

1

PUT YOURSELF IN THE RIGHT ROOM "Sign up for an entrepreneurs' group—I joined the Entrepreneurs' Organization—or attend venture capital summits. Yes, the men will outnumber the women by about 9 to 1, and it may not feel comfortable, but that's where you're likely to meet investors, because you'll be networking with the right people."

2

HIRE AN EXPERT "A big part of my success is that I paid a public-speaking coach to train me before I pitched VCs. People only remember about 10 percent of what someone says in a presentation. The rest is body language, tone and pacing. For women that means speaking in a strong, clear voice, sharing their accomplishments early in their presentation and projecting confidence."

3

LEARN THE LINGO "I didn't go to business school, so I had to master financial language. If someone asks, 'Is that a 10-times return or a five-times return?' you can't be a deer in the headlights. I read books and talked to experts. Organizations like Double Digit Academy or Golden Seeds can also help."

4

KNOW WHAT THEY'LL ASK "The VC or angel wants to spend five minutes on your product and 55 minutes on the inner workings of your business. Be ready to answer questions like 'What is the cost to acquire a customer?' and 'Where do you see revenue growth over five years?' I gave my friend, an accounting whiz, the packet I was presenting and said, 'Look at it and tell me what investors might ask.'" —**RACHEL RABKIN PEACHMAN**

322%

Percentage increase in the number of **businesses owned by African-American women since 1997**, making black females the fastest-growing group of women entrepreneurs in the U.S., according to the 2015 State of Women-Owned Businesses report.

HOW TO BECOME AN INTRAPRENEUR

MANY WOMEN are under the impression that to satisfy an entrepreneurial itch, they must quit their jobs. In reality, acting as an entrepreneur within your current company can be a great way to hone your skills. As an intrapreneur, you'll come up with innovative ideas or projects (often solutions to problems your company faces) and develop them as a true business owner would. When I ran USA Network, I would create task forces of employees from various departments and management levels to do just that. In return for their creative thinking, participants could test ideas in a nurturing environment without having to worry about the costs of launching a company.

What surprised me about these task forces was that the person who took the lead wasn't always the highest-ranking employee. One member, a director of marketing, dreamed up the first online convention for sci-fi enthusiasts. The Internet was slow and clunky then, so it was a surprise that her idea drew sci-fi fans worldwide without external promotion. That's when I knew that an idea that had been floated previously, the Syfy channel, would be a hit.

Being an intrapreneur can be rewarding. It can also indicate to your company that you're a prime candidate for advancement. To get the promotion, open your ideas up to criticism, be clear with management about what you hope to accomplish and how you'll do it, encourage others to view things from new perspectives and bring their ideas forth for discussion. Pinpoint your company's blind spots and come up with solutions. And take risks. The ideas should have no limitations; if they're great, management will find a way to make them happen. —**KAY KOPLOVITZ**

KAY KOPLOVITZ is a cofounder and the chairman of Springboard Enterprises, which supports women-led businesses. Her latest book is *Been There, Run That*.

Should you let a computer manage your money?

THE AMOUNT OF money managed by automated digital investment advisers is expected to more than triple this year, to \$60 billion, as big companies like Vanguard and Schwab jump on the trend.

WHAT THEY ARE Basically, digital advisers use algorithms that do what a good financial adviser would do but at a much lower cost. They don't try to beat the market (a human adviser who attempts to do so is likely to fail). Instead, they use ultracheap exchange-traded funds (ETFs) that mimic benchmarks such as the Standard & Poor's 500. The idea is to give you maximum market return without excessive fees.

HOW THEY WORK First, you answer a few questions online to establish your risk tolerance and how soon you might need the money. Next, you receive a diversified portfolio, which could include a mix of stocks, bonds and cash. The portfolio will be regularly rebalanced so that you don't take too much or too little risk.

WHAT YOU'LL SAVE The technology is too new to definitively say it will outearn human investors over time (however, no data say it will do worse). If machines and humans earn equal returns, then the chief benefit of a digital adviser is the amount

of money you'll save in fees: Instead of paying about 1 percent a year for actively managed mutual funds, plus another 1 percent for a human adviser to construct and monitor the portfolio, the sites do the work for about 0.5 percent, including ETF expenses. Say your investments earn an average of 7 percent annually. With many human advisers, you'd get just 5 percent after fees. With a digital adviser, you'd get 6.5 percent. On a \$100,000 portfolio, that's a \$250,000 saving after 30 years.

WHO SHOULD AVOID THEM A person is still your best bet if you need a lot of hand-holding or face-to-face contact. (A few digital advisers, including Personal Capital and Vanguard Personal Advisor Services, offer phone and email access to representatives.) Also, automated advisers can't help you with financial-planning topics such as insurance, budgeting or estate-planning strategies.

HOW TO GET STARTED You can commit a small amount of money. But some digital advisers set an investment minimum (for Vanguard Personal Advisor Services, you must invest at least \$50,000). If you are comfortable with the concept, it may make sense to turn over your whole portfolio, or a big chunk of it, since delaying means you continue to pay more for less. —LIZ WESTON

M

68%

vs.

X

60%

vs.

B

53%

Percentage of millennials who are conscious about **how their wealth stacks up to their peers'**, compared with Gen Xers and baby boomers, respectively, according to UBS's recent *Investor Watch Report*.



HOW TO REFRAME YOUR FEARS AND BE SUCCESSFUL

I'VE WORKED WITH strong, smart women for decades. And I've noticed that many of them, when confronted with something frightening—such as taking on a new assignment or giving a speech—hold themselves back from the opportunity. Don't be your own worst enemy.

①

DON'T AIM FOR PERFECT Women think they need to be 100 percent prepared before they try something new. Being 80 percent prepared is more than adequate. Write down your strengths and skill sets. You'll be surprised by how ready you are.

②

EMBRACE YOUR FAILURES Ask yourself, What am I afraid of? What is the worst that could happen? If you can live with it, you're ready to take the risk.

③

VIEW NO AS A GATEWAY TO YES Lawyer and politician Reshma Saujani applied to Yale Law School three times before persuading the dean—in person—to admit her. The founder of the nonprofit Girls Who Code, she suggests reframing rejection as a step toward success. —MELANNE VERVEER

MELANNE VERVEER, cofounder of the global women's leadership forum Seneca Women and executive director of the Georgetown Institute for Women, Peace and Security, is a coauthor, with Kim K. Azza-relli, of *Fast Forward: How Women Can Achieve Power and Purpose*. The book, from which this article was adapted, will be published by Houghton Mifflin Harcourt this month.

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Your new favorite headphones

1 — FOR LUXURY LISTENING Audeze's EL-8 headphones (above) are "like fine Scandinavian furniture for your head," says Grammy-winning music producer Sylvia Massy. Wood veneer conceals advanced audio tech, and notes come through crisp and clear. **\$699; audeze.com**

2 — FOR SLEEPING The problem: You want to drown out loud snoring, but headphones are too bulky for bed. The solution: SleepPhones Wireless. A fleece headband contains speakers that connect via Bluetooth to your phone and play music, white noise or an audiobook. And it's even comfortable for side sleepers. **\$100; sleepphones.com**

3 — FOR BLOCKING NOISE Massy says Bose's QuietComfort 25 are a pleasure to listen to. Use them on their own to hear less ambient noise or plug them into your phone and listen to music. **\$300; bose.com**

4 — FOR EXERCISING SMS Audio's Bio-Sport earbuds are comfortable and offer good sound quality, says Massy. Bonus: There's a built-in heart rate monitor for activity tracking. **\$150; smsaudio.com**

5 — FOR EVERYDAY USE Grind by Skullcandy combines quality, comfort and style at an affordable price. **\$60; skullcandy.com**
—EMILY PRICE @Emily

I TRIED IT: THE FUTURE OF CAR TECH

IF A DRIVER'S gaze shifts from the road for just five seconds, she can travel about the length of a football field. It's a statistic I've heard a million times, but it still doesn't stop me from glancing at my phone. Carmakers and tech companies are hoping I'll ditch my dangerous habit with the help of head-up displays, or HUDs, which project information like GPS directions, current speed and even (in some cases) incoming calls and social media updates onto your car windshield, directly in your line of sight. Sound dangerous? I thought so, too, and decided to give them a try.

HUDS REQUIRE AN ADJUSTMENT I took a HUD-equipped Lexus for a test drive. (The devices are built into some new cars, while companies like Garmin and Navdy sell HUDs that can be added to any car.) The HUD's projections were distracting at first, like discovering a flier under my windshield wiper after I'd gotten onto the highway.

EXPERTS SAY HUDS ARE SAFE The projected information became less distracting as I drove; eventually, relying on the HUD felt safer than reaching for my phone. "We test new HUD features extensively before putting them on the road," says Dave Silvestri, displays and controls engineering manager at GM. "People who find HUDs distracting come back later wondering how they ever drove without one."

THEY WILL BE EVERYWHERE SOON GM debuted the first HUD-equipped car in 1988 (it showed speed and turn-indicator arrows); today many new vehicles can accommodate HUDs. And their capabilities are only going to grow, says Gartner automotive practice leader Thilo Koslowski. In the near future, rather than just showing your speed and social media notifications, your windshield will also have an opinion on where you should stop for dinner. —E.P.

CELEBRATE WOMEN WINEMAKERS

WOMEN NOW make up nearly half of the recent graduates at the University of California, Davis's Viticulture and Enology program—the most prestigious winemaking degree in the United States. With a higher level of sensory tasting ability and an entrepreneurial spirit, more women are founding their own estates and making inroads in top wine cellars around the world.

Don't just take our word for it. Last year *The Financial Times* pointed out that “women are the most powerful economic force in the world's wine market.” By joining *MORE* Uncorked you're not only getting extraordinary wines delivered right to your door, you are also supporting award-winning women vintners...now that's something to celebrate!



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VOICES

IN HER WORDS



DONNA KARAN

DESIGNER, VISIONARY, FAILED TYPIST / INTERVIEW BY SHARON COTLIAR

YOU PLAN, DESTINY LAUGHS

“I wanted to be a stay-at-home mom, unlike my mother. I was pregnant and ready to give birth in one hospital, and my boss Anne Klein was ill with breast cancer in another. She died, and there was nobody but me to take over as head designer. It was like a gust of air that said, ‘Well, you may not want to be doing this, Donna, but this is where you’re going.’”

YOU CAN'T FIGHT LOVE

“I was planning my engagement party at a friend’s house when a man named Stephan walked into the room—and I fell head over heels in love. I didn’t know what to do. I ended up marrying my then fiancé, Mark, having an affair with Stephan, divorcing Mark and marrying Stephan years later. Still, I’m grateful that I had the marriage with Mark. We have an amazing daughter, and he and I are still friendly.”

FAILURE IS AS VITAL AS SUCCESS

“I failed typing. I failed draping. I was fired from Anne Klein, rehired and fired again when I asked to design my own collection. Everything in life can’t be a plus. The minuses are equally important.”

SAVE THE FUN FOR THE EVENING

“The most creative part of any executive’s or entrepreneur’s job—in my case, that’s the actual designing—has to happen after 5 PM, because your whole day is spent running the company.”

NEVER SAY NO TO BARBRA STREISAND

“The word *no* does not exist in her vocabulary. When I met her, she wanted a chenille sweater that I designed that turned out to be flammable and was recalled from stores. I told her she couldn’t have it. There was no way that I was going to see Barbra Streisand in flames in one of my sweaters. She got it anyway.”

WE'RE NOT ALL MODELS

“Tight, drapery dresses can cover a multitude of sins. I highly recommend cutout shoulders; you never gain weight on your shoulders.”

KNOW WHEN IT'S TIME TO MOVE ON

“I want to use my experience training artisans in Haiti as a model for other developing countries, to help put the care back in health care. So many of my dreams have been put on the back burner. Now that I’ve stepped down as chief designer from Donna Karan International, I can nurture them and put them out into the world.”

DONNA KARAN, 66, FOUNDED THE CLOTHING AND ARTISANAL-ACCESSORIES LINE URBAN ZEN AND ITS FOUNDATION, WHICH FOCUSES ON WELLNESS, EDUCATION AND PRESERVING CULTURE. HER MEMOIR, *MY JOURNEY*, COMES OUT THIS MONTH. KARAN HAS A DAUGHTER, TWO STEPCHILDREN AND SEVEN GRANDCHILDREN AND LIVES IN NEW YORK CITY.

This interview has been edited and condensed.



What you learn about life from facing death

In her new book, *Good Morning America's Amy Robach* reflects on how having breast cancer taught her to let go of perfection and live in the messier right now **BY SHARON COTLIAR**

Amy Robach was working a double shift, on a holiday weekend, but she couldn't have been happier. Given the chance to fill in as anchor of *World News Tonight* last spring, the 42-year-old breast cancer survivor appreciated the moment in a way she never would have in the past. Taking her seat at the anchor desk, with her proud parents watching in the wings, "I allowed myself to feel a sense of accomplishment," she says. "Before cancer, I wouldn't have taken the time to let myself truly breathe in my

success. Instead, I would have been nervous, afraid I wouldn't be perfect in front of my parents and the millions of viewers, but there I was, feeling confident and at peace."

Nearly two years ago, the ABC News anchor reluctantly agreed to undergo a mammogram during a live spot for *Good Morning America* and to her surprise was diagnosed with breast cancer. Soon after, Robach underwent a double mastectomy and chemotherapy and emerged, she says, a changed woman. "I feel hopeful, but I'm different

than I was," she says, displaying a hard-won wisdom that belies her age, her beauty-queen looks and the five-inch stilettos (Prada, on sale) she's wearing the day we meet.

That difference is the subject of her new book, *Better: How I Let Go of Control, Held On to Hope and Found Joy in My Darkest Hour*, due out this month. Sitting down with *More*, in her tidy dressing room at GMA's Times Square studio, the mother of two girls, stepmom of three boys and wife of *Melrose Place* actor Andrew Shue

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talks about overcoming fear—and learning how to embrace vulnerability.

What's one of the ways you've changed since getting your cancer diagnosis?

I've always been conservative with my money. I've always been a saver. But after I finished my chemo treatment in 2014, I flew my daughters, my mom and my best friends to Italy for a getaway. We crashed a wedding—and got kicked out, too. I had a DJ come to the house we rented, and we danced to “Living on a Prayer” and other '80s classics. We toured a vineyard, and the grownups drank lots of wine. I never would have created that experience before cancer. That was one of the first examples of me saying, “You know what? You only live once.” I've become more appreciative of the right now.

a cab on the way to the airport than flying with skilled pilots breaking the sound barrier. With cancer, I had less than a 1 percent chance of getting it. I had no family history, I was 40, I ran every day, I ate healthy foods. When I was diagnosed, my logic got thrown out the window. I realized I could be in that unlikely minority.

What else did you learn about yourself?

I was always afraid to be vulnerable. I needed to be perfect. I needed to be strong. And now here I was going to be weak and exposed on a national stage. My doctor said to me, “Are you prepared for pity? Because I don't know if you know what pity feels like. It doesn't always feel great.” I got the cancer nod, the cancer rub, the “Oh, how are you doing?” with the hand over the heart. Everyone was

him, even if it didn't feel like the right choice for me at the time. We've gone through so much emotionally. We're much calmer now about how we approach things. I believe in the 24-hour rule: When I'm really mad or fired up about something, if I wait 24 hours, I'm not as mad, and you can have an actual conversation. I've also learned to let go of things. I don't make the kids baby-wipe the dog's paws every time he comes in the house anymore either. I used to be militant about that. Now I'm like, Whatever.

Your colleague Robin Roberts, who is also a cancer survivor, says there will come a day when you won't even think about cancer. Have you had that day yet?

I'm not there yet. I've still had little scares here and there. I thought I saw two bumps on my left breast when I was on vacation in Mexico. I thought the cancer had returned to my chest wall—I was panicked—but it turned out to be two bumps on the implant. I haven't been able to get past an underlying fear that tells me, “Your cancer may come back.” I was at a wedding for Andrew's half sister the other weekend. Their father had died—he had cancer around the

same time I did—and his wife gave a speech saying she was so sad he couldn't be there. I had to quietly excuse myself. I had to go up to my room. I couldn't recover from the thought of not being at my own daughters' weddings and the feeling that my being there is not a given. It's not a given for anybody, but it's still so raw and real for me.

Do you have any new personal mantras?

I believe in the power of yes. When you say yes to things that seem menial, or annoying, or inconvenient, you never know what opportunities they may bring. It's how I got where I am professionally. But I think at a certain point in your life—perhaps around my age, 42—you've also earned the right to say no sometimes. You don't have to explain yourself; you don't owe that to anybody. As my friend Robin Roberts likes to say, “No is a complete sentence.” ☉

SHARON COTLIAR interviewed Laura Vanderkam in the June issue of *More*. @SharonCotliar

“**Covering other people's** tragedies—I thought that made me sensitive to the fact that life is short. But honestly, until it happens to you, you don't really realize it.”

You had a double mastectomy, returned to work and then covered the Winter Olympics in Sochi while undergoing chemotherapy. Why was working at full tilt during your treatment so important to you?

Because when everything in your life is thrown up in the air, you need something to ground you. My parents didn't understand why I wanted to go to Sochi. My husband didn't understand it. Some of my colleagues didn't either. But I still needed to be me. I needed structure. I needed to be something other than a cancer patient.

You took risks before cancer, like flying in an F-18 fighter jet that broke the sound barrier. Are you likely to take on even more risks now?

Actually, I have more fear now, because I want to live as long as I can. Before cancer, I was fearless. I didn't think it was possible that anything really bad could happen to me. I was an odds person. Statistically speaking, I thought I was more likely to get killed in

well intentioned, but it was like, Whoa, so this is what pity feels like. But I was moved by people's compassion. I realized sometimes you have to let other people help you.

Covering other people's tragedies, which is something I have done often over the past 20 years—I thought that made me sensitive to the fact that life is short and things can happen in a split second. But honestly, until it happens to you, you don't really realize it.

You talk openly in the book about the strain that cancer put on your marriage. How did you come through that?

When you're a blended family [Robach and Shue, both divorced with children, met in 2009], you have to put your kids first. It's a different dynamic. There were moments when I needed Andrew emotionally and physically, and he needed to physically be at his son's soccer game two hours away. I remember feeling hurt and rejected, and it was something that I had to work through and love him for making the right choice for



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Finding meaning—and a career—after divorce

Once a stay-at-home mom, she emerged from the wreckage of her marriage with a mission: to help others start over and find happiness **BY ANDREA COOPER**

DEBBIE MARTINEZ

FROM: Stay-at-home mother of two



TO: Divorce coach

In 2007, Debbie Martinez could have used a divorce coach. Her marriage was disintegrating, and she felt, she says, as if “a wave of black” were washing over her. The day after Christmas, she asked her husband, a doctor, to leave their Miami home. She says they agreed to meet a month later to discuss whether they had a future together, but when he phoned to break that date, she ended the call and made another—to a divorce attorney.

Formerly a behavioral specialist for kids who are severely emotionally disturbed, Martinez had been out of the workforce for a decade, caring for her own children, then 12 and 10, and living what she acknowledges was a comfortable life, with second homes at the beach and in the mountains. After the breakup, she was secure financially, thanks to savings, investments, alimony and child support, so she was able to continue as a full-time mom while she tried to recover from the sorrow, anger and sheer raw emotion of what had happened. “I just kind of put everything else on the back burner,” she says. »



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– Lubna Abu-Osba, business owner

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VOICES

SECOND ACTS

A year later, Martinez felt ready for more. She wanted to find “not just a job but a purpose—something that would resonate with my soul.” One morning, a friend praised her for being a good listener and adviser and asked if she’d ever thought of life coaching. “I’m a spiritual, intuitive person,” Martinez says. “The intuitive part of me said, ‘This is it.’” She attended a holistic training program and at age 50 became a certified life coach. Her passion, she realized, was to help others facing the end of a marriage to move on.

Martinez had enough money to rent office space and run some ads, but she failed to generate many clients. Undaunted, she used some of her time to earn an additional certification, as a family mediator, accredited by the Florida Supreme Court. This credential allowed her to handle low-conflict divorces for couples who didn’t want to use an attorney. She also submitted a few sample articles about divorce to her local community newspaper. The publisher read them and told her, “I’m not going to run your articles. I’m going to give you a column.” The name recognition that resulted, along with steady advertising and positive word of mouth from past clients, turned her coaching into a viable business, with clients who are largely middle-class and wealthy professionals. Though she hasn’t yet earned a six-figure income, she forecasts she will by the end of the year.

“I’m not a divorce lawyer,” Martinez points out. “My job is to help clients identify where they are and where they want to be, then close the gap between the two.” That often involves giving advice on how to be a strong negotiator during settlement talks; strategizing with stay-at-home mothers about how to find fulfilling, paid careers; and offering tips to midlife professionals on how to handle online dating. She also helps with bureaucratic issues, such as dealing with the mountain of paperwork a divorce proceeding produces. Martinez aims to calm, encourage and inspire her clients, sometimes all in the same hour. What’s thrilling, she says, is “witnessing emotional, physical and spiritual changes in people who were convinced there was no way to move forward.”

Martinez coached one high-powered executive at a national company on what to expect if her soon-to-be ex sought alimony, as well as how to stay in contact and continue a loving relationship with her stepdaughter. For a client who is furious that her ex always shows up

late to pick up the kids on his weekends, Martinez offers help setting boundaries: “Tell him, calmly, that if he doesn’t arrive at the agreed-upon time, you will leave the kids at your mother’s house, and he will have to pick them up there.” The client took her advice, and her ex-husband began picking up the kids on time.

Martinez sometimes helps out pro bono. One woman came in disheveled and crying, unable to pay but willing to work hard to get unstuck. Martinez coached her for a year and a half, after which the client had the confidence to find a better job. Her coworkers threw her a going-away party, and as a farewell gift for Martinez, the client brought her one of the party photos to illustrate the progress she’d made: In the picture, she was 15 pounds lighter and wearing a new outfit.

Not every case is a success story. One newly divorced man, she remembers, was having trouble getting dates and wanted Martinez to tell him how to get women to sleep with him. To help him gain a little perspective, Martinez asked, “What qualities and behavior do you think would make a woman *want* to go to bed with you?” He said he had no idea and refused to spend time figuring it out. Nor did he want to talk about what had gone wrong in his marriage, why women didn’t want to date him or anything he might need to change in himself. “It’s not my job to tell him how to have more sex,” Martinez says, laughing and a little incredulous about one of the few clients she’s ever fired. “It’s my job to help him have a healthy relationship in which sex is a part.”

Some elements of her new career have been more fun. In June 2014 she hosted Miami’s first divorce party, inviting the public as well as past and current clients and their friends. Guests ate cupcakes topped with a ball and chain; the party favors were little coffins in which to bury regrets before moving on. A few guests brought their old wedding gowns to donate to charity.

In July, Martinez took her own advice about creating the best environment for a fresh start. With both of her kids now in college, she moved to Mount Pleasant, South Carolina, near Charleston, where her new professional offerings include speeches and workshops. After all, everyone deserves a new beginning. ☺

ANDREA COOPER lives in North Carolina with her family and Ari the Havanese dog.

HOW WORK CAN MAKE YOU HAPPY

COACH KARMA

“I’m a firm believer that if you are doing things for the right reasons, to help people—if you’re doing it from the heart—then good things are going to start coming back.”

DEALING FROM THE DIVORCE DECK

“As a mom, I had so many dreams for my children and my family. A divorce shifts those dreams. The same dream, just a different shape.”

RUNNING THE NUMBERS

\$125

Martinez’s hourly rate for divorce coaching

6

Average number of sessions bought by each client

\$3,750

Current cost of the life-coach training Martinez received

100

Number of attendees at the divorce party Martinez hosted in Miami

70

Number of cupcakes topped with a ball and chain eaten by the partygoers

99

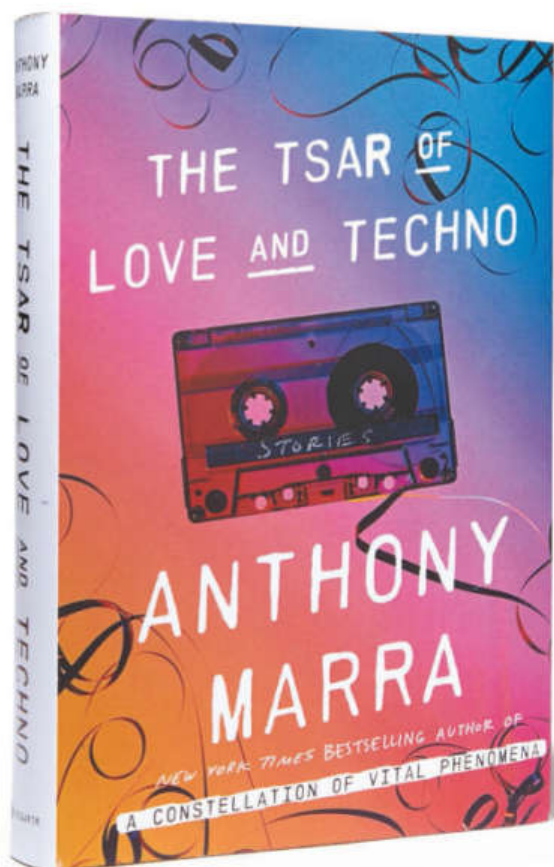
Number of advice columns and features Martinez has published on divorce

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↑
The Tsar of Love and Techno
BY ANTHONY MARRA
Hogarth

THE YEARS OF LIVING DANGEROUSLY

Love and betrayal reverberate through these nine deftly linked stories set in Russia and Chechnya. In the first, a Soviet censor dooms his brother, Vaska, by deciding not to share a lifesaving warning. Years later, haunted by Vaska's execution, he engages in quiet subterfuge: While at work "correcting" images, airbrushing disgraced figures out of photos and painting party leaders into existing artwork—he finds a way to keep his brother's memory alive.

The ensuing stories span eight decades and chronicle the awful choices forced on people living in perilous conditions. A hometown beauty who marries an oligarch and naively rats out her own mother; a post-Soviet art restorer who struggles to solve a mystery—all are intimately connected by blood, circumstance or history.

Throughout glasnost, the Chechen insurgencies and Putin's ascendance, these characters' lives are marked by fear and deprivation, but also by humor and ingenuity, as when a group of kids cuts bootleg 45s using old X-rays ("It was glorious to know that these images of human pain could hide in their grooves a sound as pure and joyful as Brian Wilson's voice").

A single painting travels through these stories, too, a bucolic depiction of a Chechen field that became a battleground, onto which a 21st-century curator paints his own lost family. "There are more ways to remember one person than there are people in the world," says the brother of a soldier who will die on that very field in 2000. With this collection, Marra has created a stunning portrait of a place and its indelible inhabitants. —DAWN RAFFEL

SHE'S ALL THAT



M Train
BY PATTI SMITH
Knopf

ROCK icon Patti Smith's luminous new memoir is more of a meander than the propulsive *Just Kids*, her award-winning account of young punkdom. But it's just as pleasurable to accompany Smith—mother, widow, artist—as she applies her fine mind and humane wit to various pilgrimages and projects, including coming to terms with aging and loss. Smith describes a game she invented to fight insomnia and invite visions; it involves uttering a stream of words beginning with the same letter. Let's play: The book is mesmerizing, mischievous, moral, meaningful, mourning, merry, marvelous. —JUDITH STONE

STREET CRED



City on Fire
BY GARTH RISK HALLBERG
Knopf

THIS enormous Dickensian novel traces a tangle of tribes in 1970s New York City: druggie punks, suburban teens, wealthy crooks and unhappy couples galore. Whether you entirely follow the plot may be beside the point: It's a nostalgic, keenly observed book, one that understands how, for all its graffiti-sprayed vastness, for all its teeming, sooty chaos, New York is a lonely city. Everyone's got a secret, and the lost, longing characters move inevitably toward one another, imploding toward the famous blackout of '77, like fireworks in reverse. —CATHERINE NEWMAN

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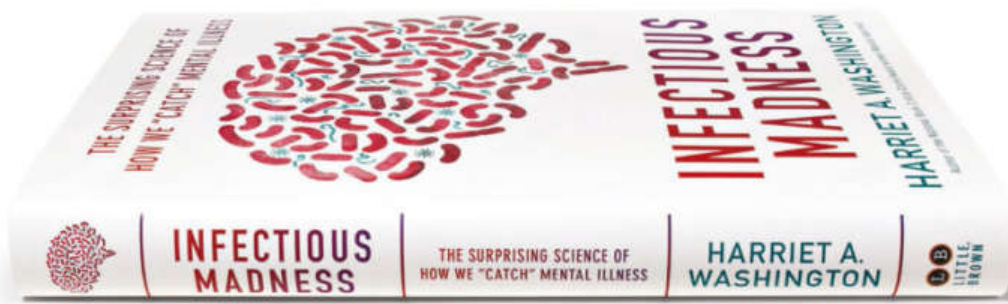


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CAN YOU CATCH MENTAL ILLNESS?



Oh, please, we all know pathogens don't cause Alzheimer's or depression. Um... unless they really do

What if we could “catch” OCD via an easily transmitted infection? What if a bout with strep or the flu could trigger Tourette’s, or if contact with cat litter could lead to schizophrenia? In *Infectious Madness: The Surprising Science of How We “Catch” Mental Illness* (Little, Brown), acclaimed science writer Harriet A. Washington (*Medical Apartheid*) synthesizes the growing body of research suggesting that genetics, stress and other psychological and social factors are not alone in causing mental disorders and that viruses and bacteria are the culprits or coconspirators in 10 to 15 percent of such illnesses—possibly more. Terrifying and comforting in equal measure, *Infectious Madness* will inspire healthy debate and, Washington hopes, bold new strategies for prevention and treatment.

Q: WHY IS THERE STILL A DIFFERENCE OF OPINION IN THE MEDICAL COMMUNITY ABOUT WHETHER MICROBES ARE IMPLICATED IN MENTAL DISORDERS?

HW: With most of these infections, it’s a slow fuse. These kinds of illnesses take decades to develop—rabies excepted—and it’s hard to make the causal connection when something takes that long. For much of our history, it’s been impossible to put things together because we lacked the tools. Now we have more sensitive screens that can find smaller amounts of infectious material and antibodies.

Q: HOW DOES ATTRIBUTING THESE DISORDERS IN PART TO MICROBES HELP LIBERATE US FROM PREJUDICES AND STEREOTYPES ABOUT THOSE WHO ARE MENTALLY ILL?

HW: It does have a destigmatizing effect. Saying you have a mental illness because your parents were evil, blaming it on Mom, that if she’d been a better mother to her children, maybe one of them wouldn’t have been schizophrenic—I mean, how incredibly cruel! Seeing these illnesses as caused by a physical agent underscores that they are not

something people can control, not an indication of weak character or bad parenting.

Q: WHAT PRACTICAL STEPS CAN ALL OF US TAKE TO PROTECT OURSELVES AND OUR FAMILIES?

HW: There’s a lot you can do, and it’s not complicated. Wash your hands frequently; wash them before eating; wash surfaces. And speak up, politely, if your doctor or nurse does not wash his or her hands. Open sandboxes are basically litter boxes for feral cats, so don’t let your kids play in them, or lock your sandbox at night. Get a flu shot. Vaccinate your children. Finally, we need a lot more government funding, not only for research but also for public health awareness. Our government needs to recognize that rare infections and tropical diseases, many of which cause mental illness, are not confined to the developing world anymore. Microbes are very democratic.

—PRISCILLA GILMAN

RISKY BUSINESS

FIVE SCINTILLATING NEW READS

You can’t keep a good woman down—not even one who’s flat on her back with an undiagnosed illness or one whose humble background raises eyebrows and hackles in her elite new social circles. The droll and intellectually daring Alice James, persistently ailing sister of William and Henry, takes a fictional turn in Judith Hooper’s **ALICE IN BED (COUNTERPOINT)**, while Lizzie Burns, the former mill worker who was Friedrich Engels’s real-life lover, speaks her sassy mind in Gavin McCrea’s debut novel, **MRS.**

ENGELS (CATAPULT). /// What drove Kennedy-family patriarch Joseph Kennedy to lobotomize his mentally unstable eldest daughter, Rosemary, in 1941? Was it fear for the family’s reputation? Anxiety over Rosemary’s increasingly aggressive behavior and blatant sexuality? With compelling psychological, social and political insight, Kate Clifford Larson explores that mystery and others in **ROSEMARY (HOUGHTON MIFFLIN HARCOURT)**. /// The woman swims with sharks, and not only in the water. Diana Nyad, a fervent believer in second chances (plus a few dozen more), confronted her own anxiety and the doubts of others to make a historic swim from Cuba to Florida—at age 64. **FIND A WAY (KNOPF)** is her well-earned victory lap. /// In Margaret Atwood’s devious dystopian novel **THE HEART GOES LAST (NAN A. TALESE/DOUBLEDAY)**, set in the anarchic near future, a homeless husband and wife apply to live in a cultish community where residents swap their freedoms for airtight security. Let the buyer beware.

—CATHLEEN MEDWICK



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Shear relief

After decades of pulling, pressing, braiding and rubber banding, one woman decides to chop off her processed locks and let her true self shine through **BY DIONNE FORD**

Whenver someone asks why I decided to cut my long hair short, I say that Trayvon Martin made me do it. I was driving my daughter to camp when, listening to commentary on the acquittal of George Zimmerman, I decided it was time. People's poured-out hearts spilled from the car radio that sticky summer day in 2013 as I crawled through traffic on Route 22 in New Jersey. A black woman who wasn't at all surprised by the murder or the acquittal

phoned in to say that her son was always being followed by cops, even though she forbade him to wear saggy pants, braided hair or hoodies. I leaned on my brakes in the stop-and-go traffic, flipped off the radio and peered into a vehicle a cop had pulled over, causing the gridlock. I wanted to see what the driver looked like, if he was fair skinned or if he was dark, like me. Did he wear chains around his neck? Was his hair braided, kinky or straight? But it was too hard to tell. About

a half mile down the road, I almost caused an accident of my own when I saw an enormous digital billboard relating to a famous 1973 case: WANTED, TERRORIST JOANNE CHESIMARD, AKA ASSATA SHAKUR, FOR KILLING A NEW JERSEY STATE TROOPER. There was an 800 number below. I gasped at the sight of it—her dark skin and long braids next to the word TERRORIST. Except for the braids, she looked a lot like me. By the time I kissed my caramel-colored daughter good-bye at the camp's entrance, a sickness churned in my stomach, and tears welled up in my eyes.

We'd been at odds, my hair and I, for the past decade at least. I resented how much it demanded from me: I paid about 100 bucks to have it relaxed, and that doesn't include deep conditioning or trimming. It takes at least two hours to make my springy new growth lie straight, and the chemical process needs to be done every eight to 12 weeks, sometimes sooner. I started stretching out my appointments to five months, then six. I told myself the reason was that I didn't want to spend the money or that I didn't have the time. But really I was trying to preserve the pieces of me that had been slowly disappearing down the drains of dozens of hair salons.

Our relationship hasn't always been strained. I used to love my hair when it was just itself and not so needy. When I was a girl, before I was old enough for the chemicals, I wore it in two long ponytails, braided or twisted on the sides of my head. I loved the weight of my hair in my hand, soft and heavy, warm and bumpy against my palm, like a beloved blanket. My mom would spend hours on the weekend washing it, dividing it with a thick-toothed comb into square patterns across my head, and then lathering those squares with hair grease before combining the patches into two or three neat plaits. I hated the fervor with which she would manipulate my hair in order to bring it to submission. (And while I thought the braids were pretty, I was even happier later, when she freed them from their rubber-band prison.)

I'd squirm and pout and scream "Ouch!" through the entire ritual, until Mom popped me in the head with the plastic comb. If Granny was around, she'd call me tender headed. That was worse than a pop in the noggin—being called weak, just because of my hair.

For Easter or weddings, Mom pressed my hair as if it were wrinkled sheets. She heated an iron comb on the stove, then carefully pulled it through my hair to straighten the kinks. On these occasions, my hair would be the subject of much discussion. Ladies caressed it like a favored pet. They looked at my mom and beamed: “Such good hair!” Long and compliant equaled good. Short and springy equaled bad. I learned that equation the hard way, when I tried to mimic Jenny on *The Jeffersons*. Her hair fell just above her shoulders—shorter than

We lived near two military bases, so black and white families were the norm in our area (my friend and her mother were black). There was a mixed crowd at the Taste Freez that day, and both races seemed to agree that my hair was worthy of derision.

As we ate in the outdoor dining area, I was sure a blonde woman with a perfect bob scowled, while a black mother, her hair pinned up in rollers underneath a scarf, shook her head as if to say, “Tsk tsk.”

I tried to chew my nuts and fake pineapple pieces nice and slow, as if I were sa-

By the time I was 12, I was getting my hair relaxed every three months to keep it under control. We went to a place called Soul Scissors, at the Bamberger’s department store in my town. You had to go up to the top floor, snake through the women’s department, then the junior’s department, past the bathrooms, and there you’d find it—a glass door with the salon name printed in the same disco font as the logo for the dance show *Soul Train*. The place was tiny and claustrophobic. It bugged me that we seemed to be hidden while the regular (white) salon was located on the ground floor and even had a view.

My relationship with chemicals was rocky from the start. The hairdresser was very chatty with his two colleagues and thought I was overly sensitive. He called me tender headed, just as my granny did, and often ignored me when I told him that my scalp was burning from the chemicals or that the curling iron was too close to my head. On my third visit, he burned

me with the iron; I came home with beautiful, silky straightened hair and a purple scar on my forehead. We switched hairdressers and began seeing Dee, a colleague of his who’d started her own business—a shop with windows and everything.

I never got used to the whole salon milieu, but I did like how easy my hair was to comb, how obedient it now was when I washed it. It let me do what I wanted with it and never complained. Except once. When I was a freshman in high school, my hair seemed to protest. The relaxer didn’t quite take. A whole two inches of my hair—not at the roots, not at the ends, but in the middle of the shaft—was somehow still bumpy and thick. Dee and I couldn’t figure it out.

“Did you go swimming right after your last relaxer? Did you jump in the shower too soon?” Dee wondered. I was a relaxer pro by then and sure I hadn’t done either of those things. Dee sighed and pulled out her scissors. There was nothing left to do but cut it off. I hadn’t had short hair since that time I’d given myself the Jenny-from-*The Jeffersons*. Only now I didn’t love my hair in sickness and in health, long or short, kinky or straight, the way I did back then. I wasn’t sure how I’d live with myself. She snipped it off, leaving

We’d been at odds, my hair and I, for years. I resented how much it demanded from me. It takes at least two hours to make my springy new growth lie straight.

mine, sometimes exploding in bold curls, other times pulled back in a classic bun. I thought she looked sophisticated and stylish, but when my mom discovered that I’d snipped off two inches, she popped me in the head with her comb again and asked me if I’d lost my mind.

People loved my good hair, but I loved it good or bad. Until I was eight.

It was summertime, and I was at my grandmother’s house for the afternoon. I was playing with my best friend, a girl whose family rented a trailer on the property. Her mother invited me out for ice cream.

I was wearing my red bathing suit with the white stripe across the top and a pair of blue gym shorts, a look that made me feel like Wonder Woman. Halfway through the afternoon, I had freed my hair from its two braids. Between the outfit and my now-loosened hair, I felt grown up.

“Don’t you want to do something with that head?” Granny asked me several times before I raced off to Mrs. C.’s idling white Camaro, which smelled like cream soda inside.

“I already did something with my hair,” I answered, then also begged for a few dollars for a sundae. She finally relented—on the hair and the money—and let me go.

voring them, as if I didn’t notice or care that people were making fun of me. I even stole a glance at myself in the window to see if maybe my bathing suit top had somehow slid down in some mortifying way. But all my parts were in place. And my hair, though it was puffier than usual, kind of a less enthusiastic Afro than what Angela Davis wore, didn’t seem so crazy looking to me.

My friend and her mom thought differently. Mrs. C. rolled her eyes at me over the top of her soft vanilla cone, her legs crossed on the picnic bench as cars rolled by on the road. Then my friend asked, “Dionne, why didn’t you put your hair back like your granny told you? That hair looks crazy. You look like a girl who’s fast.”

I lost my appetite. It was one thing to call my hair crazy looking, but even though I didn’t fully understand it, I knew I didn’t want to look “fast.”

I threw my half-eaten sundae in the trash, gathered my hair up in my fist and twisted it tightly so it lay as flat on my head as possible. I stood that way as my friend and her mom finished their cones in silence. I felt cold in the fading sun and embarrassed that I thought my hair was beautiful on its own. Our honeymoon was over.



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VOICES

ATTITUDE

me with that Flock of Seagulls look in the front that was popular at the time and no hair in the back—a mullet sans tail. She dyed the front magenta to make me smile. Eventually it grew back, and I fell once more into my cycle of relaxing and curling my hair, until I had children. I didn't relax it at all while I was pregnant and nursing my daughters. I worried the chemicals could harm them. So I braided or twisted it instead. But that took hours and hurt my tender head. Half natural, half leftover chemicals, my strands and I entered a hair purgatory.

Now it's my daughter who's at odds with her hair.

"When can I get a keratin straightener?" I've heard this refrain almost every week since she started sixth grade. She has the kind of curly hair some biracial girls get, a hybrid of kinky, curly and wavy, a symphony of texture. Her younger sister, on the other hand, has the kind of hair any girl, regardless of ethnicity, would want—loose auburn waves, with natural blonde highlights, that curl or straighten almost at will. The color probably comes from my husband's Irish genes.

"You'll have to wait, like I did, until you're 12," I'd always answer. In the meantime, she'd twist her hair into a knot and try to plaster it to her head—the same way I did that day at the ice cream store. When Zimmerman was acquitted, she was 13.

So while my Facebook friends were changing their profile pictures from beach shots to images of their faces cloaked in hoodies, I took my daughters to the salon—but not to see me get my hair straightened or to induct my eldest into this club. Instead, she and her little sister snapped photos as my relaxed hair was cut away.

As a foot of long, straight strands floated to the ground, leaving short, tight curls behind, the decades of nurtured fears returned to me: "Will my husband still find me attractive? Will people treat me differently now?"

But then I thought of the callers I'd heard on my car radio, recounting all the ways they taught their children to be nonthreatening blacks—by watching what neighborhoods they walked through, what clothes they wore, how they styled their hair. All this special care wasn't making them feel safer. You could hear in their voices that

they all felt threatened. And I still did, too, but not of being gunned down like Trayvon Martin or, later, Michael Brown. I was more afraid of how, with all my self-scrutiny and censure, I was being erased.

I'd been relaxing my hair because I'd learned to believe that my natural hair was ugly. I avoided shopping in my gym clothes because the combination of my brown skin and running shoes might make people think I was there to steal. And when I was apartment hunting in New York City after my husband and I got engaged, I pretty much stopped going to the rental offices. Listings mysteriously vanished when I arrived, but when my blue-eyed, freckle-faced fiancé went inquiring alone, the agents showed him great deals and cute places with views.

I was a "good" black, middle class and educated, from a good home, with good hair. And it was never enough.

I'd even worried about my current hairdresser's response. A Puerto Rican American with fairer skin than mine, Ozzy had dubbed me Pocahontas because of the way my hair looked after a relaxer: bone straight. Now, as he works his fingers through my curls—more Grace Jones than Native American princess—he says I look beautiful, younger, fierce.

"How do you feel?" he asks when he's done, giving me a handheld mirror so I can see the results from every angle. My daughters are still snapping pictures, oohing and aahing, and gingerly touching the ends of my hair, treating me like a celebrity.

I'm always telling my girls that we teach other people how to treat us. "How can you expect people's respect," I ask them, "if you aren't respecting yourselves?" Looking at my new/old hair, I realize that maybe my trying to remake myself in the face of other people's stereotypes and fears was part of the problem—telegraphing that I don't entirely accept who I am, so why should you?

I love it, I tell Ozzy, plunging my hand into my hair and letting the tight tendrils coil around my fingers. Camping for the photos, I am ready for my close-up. For the first time in a long time, I am unafraid to be truly seen. ☺

DIONNE FORD's last piece for *More*, "My Family Tree—in Black and White," won two journalism awards for best magazine essay. @DionneFord

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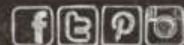
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Lessons from the wild girls

A man learns the truth about his seemingly meek mother by seeing her through the eyes of the gutsy—but troubled—young women she brought into their home **BY BILL CLEGG**

Have you ever seen the movie *Rambling Rose*? It stars Laura Dern as a fallen-from-grace teenager, 17 or 18 years old, who comes to live and work as a nanny for a well-to-do family in the 1930s South. The mother in the household—played by Dern’s real-life mom, Diane Ladd—is an elegant, eccentric academic whose gentility masks a deep kindness and a formidable, surprising strength. The story is narrated by Buddy, a middle-aged man remembering the summer that Rose came to live with his family.

Rose hits that family like a beautiful freight train. She tries—unsuccessfully—to seduce the father (Robert Duvall), successfully seduces and deflowers young Buddy and has men from town sneaking in and out the back door of the house, jumping from her window and hiding under her bed. All the while the family matriarch protects Rose, forgives her and cuts her miles of slack as she defends her against Robert Duvall’s wrath and the town’s judgment. She sees in Rose more than a sexual wrecking ball. She sees a rare and resilient soul despite a very

poor and abusive upbringing; hears hope when she listens to Rose dream out loud about the beautiful life she will someday live; and recognizes a powerful goodness and courage in her openhearted and unconditional loving-kindness. She sees someone deserving of her care and protection.

For a long time, I didn’t recognize why the movie resonated so much with me. I did not grow up in the South, come from a well-to-do family or have parents resembling those in the film. But when I saw it recently, I realized for the first time that I

grew up with a half dozen Roses living on and off in the spare bedroom of our home.

Most were high school juniors and seniors who'd been cast out by their own families. Some were older—wayward young women who'd broken up with their boyfriends or husbands and needed a safe haven before striking out into the world again. Although nothing was ever explained to my siblings and me, it was clear that in exchange for a bedroom and a seat at the dinner table, they would help with the dishes, perform some light housework, pick my older sister and me up from

said hi or been flirty with Bea, usually at a roller-skating rink or a football game. Truly nothing and nowhere ever sounded as glamorous or as important. The woods seemed so much smaller with Bea in them. Why on earth she would come and stay with us made no sense to me, but boy, was I grateful.

Like Rose, Bea hit our little town with great force. Boys fought over her. Mothers called our house, worried that she was a bad influence. Girls told her to go back where she came from. And at the end of August, Bea always did. One year I dug into her lug-

noticed. May, however, was unflapped by my father's tipsy menace and carried on in the same manner whether he was in the room or not. On this night, she was telling a story between bites of food, and my father suggested that she try doing one thing at a time and stop talking with her mouth full. She looked, he said, like a cow chewing its cud. May wasn't fazed. She didn't even turn to face him when she said, matter-of-factly, "Fuck off, Bill."

To me, this was an unthinkable act of bravery. Even more astonishing, my father didn't react. He just kept on with his meal and eventually left the dinner table. May might have been the only person I ever saw him defer to in this way. Which in my eyes made her a superhero.

May came and went from our house over a three-year period, sometimes just for a few weeks, other times for a whole winter. I was too young and too awed to ever really get to know her. I just remember riding to school in her green Chevy Chevette and feeling safe, Angus Young's guitar blaring from the speakers and Marlboro Red cigarette smoke billowing from the driver's-side window.

But it was Amy who taught me how to drive a stick. Amy was older, out of high school a few years, and managed a ski shop at the nearby slope. Again, I have no idea how she ended up living with us, but there was some breakup involved, some all-of-a-sudden situation that made her need a place to stay. Amy wore flannel shirts, had a short, butch haircut and drove a black Camaro, fast.

My dad drove a stick shift Jeep and a Volkswagen, but asking him to teach me how to drive was not possible. (Years later, once he had put down the Scotch—and after a decade of silence—my father and I, to my great surprise, became close friends.) So I asked Amy to teach me. It took a few Saturdays and a lot of Grateful Dead songs screeching from the Camaro's cassette player, but eventually I got it. There was only one tough moment. I made a crack about my mother not knowing how to drive a stick, that she couldn't do that or much of anything else. Amy poked me in my arm, hard, and told me to shut the fuck up, that I had no idea what I was talking about.

I was transfixed by these amazing and complicated young **CONTINUED ON PAGE 119**

They were fully themselves even though they didn't fit the silhouette of how I was told nice girls should be. They wore their differences on the outside.

school and drive us to our friends' houses. We lived in the woods, 15 minutes from the center of a very small town in Connecticut, so we spent a lot of time in the car with these girls. Three were particularly memorable.

Bea* was the first and, like Rose, Southern. She was the daughter of a high school friend of my mother's, and though reasons were never given, I had the sense that Bea had initially been sent to us because it was somehow not safe where she was. Then, for a few summers after that, when I was in elementary school, she would arrive in a gust of drama, like someone who'd just escaped captivity and needed to be hidden. This was the '70s, and she was the epitome of that decade's teen dream: blonde feathered hair, blue eyes, tight Jordache jeans, Izod Lacoste shirts in a palette of bright colors. And like all the other girls my mother invited into our home, Bea smoked. She'd take us for walks in the woods behind our house and light up. After dragging deeply through her pink-glossed lips, Bea would exhale, then hold forth in her big, loud Southern voice about her neighborhood in Atlanta, her high school friends and boyfriends. Most of the stories involved some girl who picked a fight because some boy had

gaged, found her return ticket to Atlanta and ripped it up. I must have been 10 years old, maybe 12. Old enough to concoct a plan to make Bea stay, young enough to believe it would actually work. She left anyway—no one ever mentioned the missing ticket.

May also came to stay with us more than once. She was from a large, rowdy family in our town. Long limbed and lanky, May wore tight black AC/DC and Lynyrd Skynyrd T-shirts with a puka-shell necklace and moved through the house like a big, tawny cat you wouldn't want to cross. At night, long after everyone went to bed, I'd hear her scream into the phone at, I imagined, a boyfriend, though none ever appeared at our house. Listening through my open bedroom window, I picked up words and phrases over the crackles: "Don't you ever speak to me like that"; "Don't you dare lie to me"; "I'm done."

But what I remember most about May is that she told my father to fuck off. We were at the dinner table. By this time of day, Dad usually had a few Scotches down the hatch and everyone was a potential target. I'd try to be quiet until the meal was over, then vanish upstairs to my room without being

*The wild girls' names have been changed.



+
NILI LOTAN *silk gown*; BARNEYS
NEW YORK. HAIDER
ACKERMANN *vintage cape*.
+

LIV TYPE RE GROWS UP

HOW THE **LEFTOVERS** STAR
OVERCAME AN ECCENTRIC CHILDHOOD
(WITH ROCK-LEGEND DAD STEVEN)
AND LEARNED TO FIND TRUE MAGIC IN
THE EVERYDAY • BY ALLISON GLOCK

PHOTOGRAPHED BY JAN WELTERS • STYLED BY JOANNE BLADES

L

IV TYLER

thinks she knows why she is always late.

"It's because I get so consumed," she says as she meets me around the corner from her West Village brownstone, dressed in a smart black pantsuit and sandals, a delicate necklace glinting from her neck, the chain strung with tiny hearts.

"Every moment is interesting to me," she continues, a bit breathless. "So just walking out of the house, I wind up speaking to everyone and asking how they are, and then before I know it . . ." She shrugs and screws up her nose comedically. "I'm not very good at putting on blinders. *What's going on over there? What's over there?* I get into everything."

Tyler, 38, smiles and removes the elastic band she's wearing on her finger like a ring, then wraps her long, dark hair into a messy topknot. She recently gave birth to her second son, Sailor, with Dave Gardner, a top sports manager who lives in London (her first child—Milo, 10—is from her marriage to musician Royston Langdon). But she shows no signs of fatigue or frump. Instead, she smiles and suggests a road trip to Red Hook, Brooklyn, to look at an old friend's art gallery.

Her car, which she insists on driving herself, is freshly vacuumed, belying any trace of her hectic family life as a working mother of two, save the children's CDs tucked into the door pockets. As she pulls onto the Manhattan Bridge—"Maybe I'll put on my glasses so I can see and not kill us"—Tyler jokes that she is often teased about her vehicle, which by celebrity standards is dated and modest.

"I'm pretty smart about spending," she says. "I've had this car for 10 years. Everybody makes fun of me, but I don't need another car. I don't even *like* new cars."

Tyler prefers knobs to touch screens. She longs to engage fully in her world, using every sense. She fears that modernity is costing us intimacy and connection, not to mention style. "Can we talk about why are there 3,000 different kinds of taxis now? Why can't we go back to the '70s? I want those cool taxis back."

Currently starring as Meg Abbott, a woman lost even to herself, in HBO's drama *The Leftovers*, Tyler is most recognized for (1) playing the luminous elf maiden Arwen in the *Lord of the Rings* trilogy and (2) being the daughter of Aerosmith front man Steven Tyler, which she was misled about until age nine, having been told by her mother that her father was rocker Todd Rundgren. Suspecting deceit after meeting her look-alike half sister, Mia Tyler, backstage at an Aerosmith show, Tyler confronted her mother, model and singer Bebe Buell, who subsequently confessed to the secret. Remarkably, Tyler held no grudges, perhaps understanding even at that innocent age that hers was a unique family tree and that she would probably need to be the rooted adult in the mix.

"I used to take care of everything," Tyler says of her innate maternal instincts. "I can even remember being six years old and putting my cat, Little Man, to bed with a blanket over him before I went to sleep."

+
SOPHIA KAH cotton blend
lace dress; BARNEYS NEW YORK.
LA PERLA vintage corset.
+

Tyler acknowledges, with no trace of bitterness, that she has financially supported her mother and herself since she was 13 years old, the age at which she gained traction as a model and actress. "I bought my brownstone when I was only 23," she says, "which is the smartest thing I've ever done."

"During my upbringing, I saw glimpses of so many different ways of living," Tyler continues—a magnanimous way of saying that when her mother traveled with her band, Tyler would split her time between an aunt and uncle in Portland, Maine, and her maternal grandmother in Washington, D.C. "My aunt and my uncle are still together and still have the house that I lived in with them. So I had that example. And then I had my mom and my dad, and that was definitely more eccentric."

For Tyler, every paradigm held benefits. "I saw so many forms of love and family," she says. "The main thing I picked up from all of it is that where you live and what your job is—those things are temporary. It's your family, no matter where you are, that always exists. Whether someone is alive or dead or near or far, your people are your people."

We arrive at Pioneer Works, a collective art space in Red Hook, and Tyler parks the car. She hops out and makes herself at home, kissing gallery director Gabriel Florenz hello. She is a welcome fixture on the scene. She takes in the latest exhibits, then retires to the expansive gardens in the back, settling at a picnic table amid tall grasses, her mind still on parenting.

She confesses that her greatest desire in life is to be "a good mother," which for her means being "a present and stable one." For years that intention prevented her from seeking out professional opportunities that didn't fit her "children first" parameter. "I didn't see how I could go away for three months to make a film and be the mother I wanted to be," she says. Then, last year, Milo took her hand at the dinner table and told her, "Mommy, I want you to go forth and make some movies." Tyler laughs at the memory,



+

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+

saying she pushed back, asking her son, “But what about you?” To which he replied, “I’ll be OK.”

“My favorite thing about being a parent is that I learn so much from the push-and-pull dynamic of mother and child,” says Tyler. “Having children, I learned about my own strength.”

Designer and longtime friend Stella McCartney sees that fortitude in Tyler, but also a contagious playfulness. The two met years ago at a gathering at mutual friend Kate Moss’s house. McCartney says they got on immediately, “like we’d known each other for years,” and jokes, “guess it was something in the water that our parents drank.”

Tyler and McCartney often relax at each other’s homes, chatting into the night. And while both lead what can only be called an exceedingly rarefied life, neither is above poking fun at it. “One of my favorite memories of Liv is when we attended our first Met Ball together,” says McCartney. The theme was “Rock Style,” and the two decided to don ROCK ROYALTY tees instead of the standard gala plumage. “We did our own hair and makeup. Showed up in a taxi. We really went for it,” she says. The gag landed the pair on the cover of *WWD*, and “we were so mortified.”

“When I was younger, I was braver,” observes Tyler. “Then I had a weird moment in my early thirties when I felt more insular and protective and not wanting to be out in the world as a celebrity but close to home. And now?” Tyler smiles. “I feel OK with the combo.”

It is late afternoon, and Tyler is restless. She exits the gallery and strolls the Red Hook sidewalks, admiring the new, trendy boutiques and the old holdouts—a funeral parlor, an American Legion hall. She receives a text. Back at the brownstone, they are hanging family photos. Her contractor installed pictures of Buell in the bathroom, and while the shots are striking, Tyler says she isn’t sure she wants to look at her mother every time she pees. She adds it to her to-do list, saying she’ll “handle it later.”

“We’re always *doing* something, right? My dad says you’re a human *doing* instead of a human *being*. It’s so true. We’re always doing, doing, doing. Sometimes you should just stop and look around you and take in what’s happening.”

Tyler has made a habit of just that, helped by Transcendental Meditation, which she practices as often as she can. “The nice thing about TM is that there is no judgment in it,” she explains. “You want your thoughts to come in and go out while you just sit with yourself for those 20 minutes.”

When it is suggested that for many tapped-out working women, finding that extra time sounds like an unnerving proposition, Tyler laughs. “The last thing you want to do when you’re stressed out and busy is sit and close your eyes, but it is transformational. Instead of struggling with thoughts, which can be obsessive—and everyone relates to that—it clears your brain. Even when I’m driving around thinking, I forgot to do this and I’ve got to do that, I don’t feel so panicked. Now I enjoy the crazy moments more than I used to. I appreciate them for what they are.”

That clarity and calm has been particularly useful over the past year or so: Not only did Tyler have a new baby, but she also stepped into serial television for the first time, a sharp departure for the film veteran. “With a film, you have the script, and you know the beginning, middle and end,” she says. “With TV, they write as they go. I have no idea what my character is going to be doing.” Tyler says when she needles notoriously secretive show creator Damon Lindelof for details, he counters, “Do you really need to know, or can you just accept?” “Which is frustrating,” she says. “Part of me loves it, and part of me hates it, having no control. Being comfortable in the unknown is hard for humans; even if we don’t *really* know what’s going to happen, we kind of trick ourselves into thinking we have a plan. This latest career move has been an exercise in letting go.”

Her *Leftovers* costar, Justin Theroux, says he’s always considered Tyler a “downtown New York girl,” but when they started spending time together, her childlike air engrossed him. “You’d think someone who has experienced what she has might become jaded or cynical,” he says, “and she’s neither of those things. She’s sunny-side up, not sunny-side down. Liv carries this incredible optimism in life. There’s a wonder to her.”

Tyler’s guilelessness has also made TV challenging for her. “I can be shy. I turn beet red and can’t breathe,” she says, acknowledging that the large staff and turnover associated with a TV production initially scared her. But she overcame. “My grandmother tells me I’m happiest when I’m working, that she can hear it in my voice,” she says.

In the days leading up to her TV commitment, she asked a friend to film her. “I spoke to my future self. Like, ‘Future self, this is present self.’ I said, ‘If anything comes from this, then I’m not meant to give up on acting.’ And if it didn’t, I was giving myself permission to pursue other interests, like directing or writing music, fully.”

It begins to rain, and Tyler seeks refuge in a coffee shop. She orders

MORE WORDS WITH LIV TYLER



If you could start over, what would you do MORE of?

Worry less and say yes more often.



I wish I had MORE time for ...

Playing with my children. Doing the things
they want to do instead of the things
I feel I need to do.



MORE women should ...

Be less critical of each other.



The world can use a little MORE ...

Listening. I think we could all do a better job
of listening to what people are really
saying and not just focusing on how we are
going to respond.



What is MORE important to you today than it was 20 years ago?

Not being perfect, my girlfriends, and
a glass of wine at the end of the day.

+

TESS GIBERSON silk dress; **TESSGIBERSON.COM**. **NINA RICCI** vintage sash. Jewelry throughout: **FINN** 18k rose-gold earrings with black diamonds; **BARNEYS NEW YORK**. Ring is Tyler's own. For prices and links to products, go to more.com/wheretobuy.

+

hot tea and stares longingly at the frilly little cakes in the display. She reveals that tomorrow is her birthday and, though “38 is a crazy number” and “it’s not fun when you see things start to change,” insists she is sanguine about the prospect of aging. “When you’re in your teens or twenties, there is an abundance of ingenue parts which are exciting to play. But at [my age], you’re usually the wife or the girlfriend, a sort of second-class citizen. There are more interesting roles for women when they get a bit older.

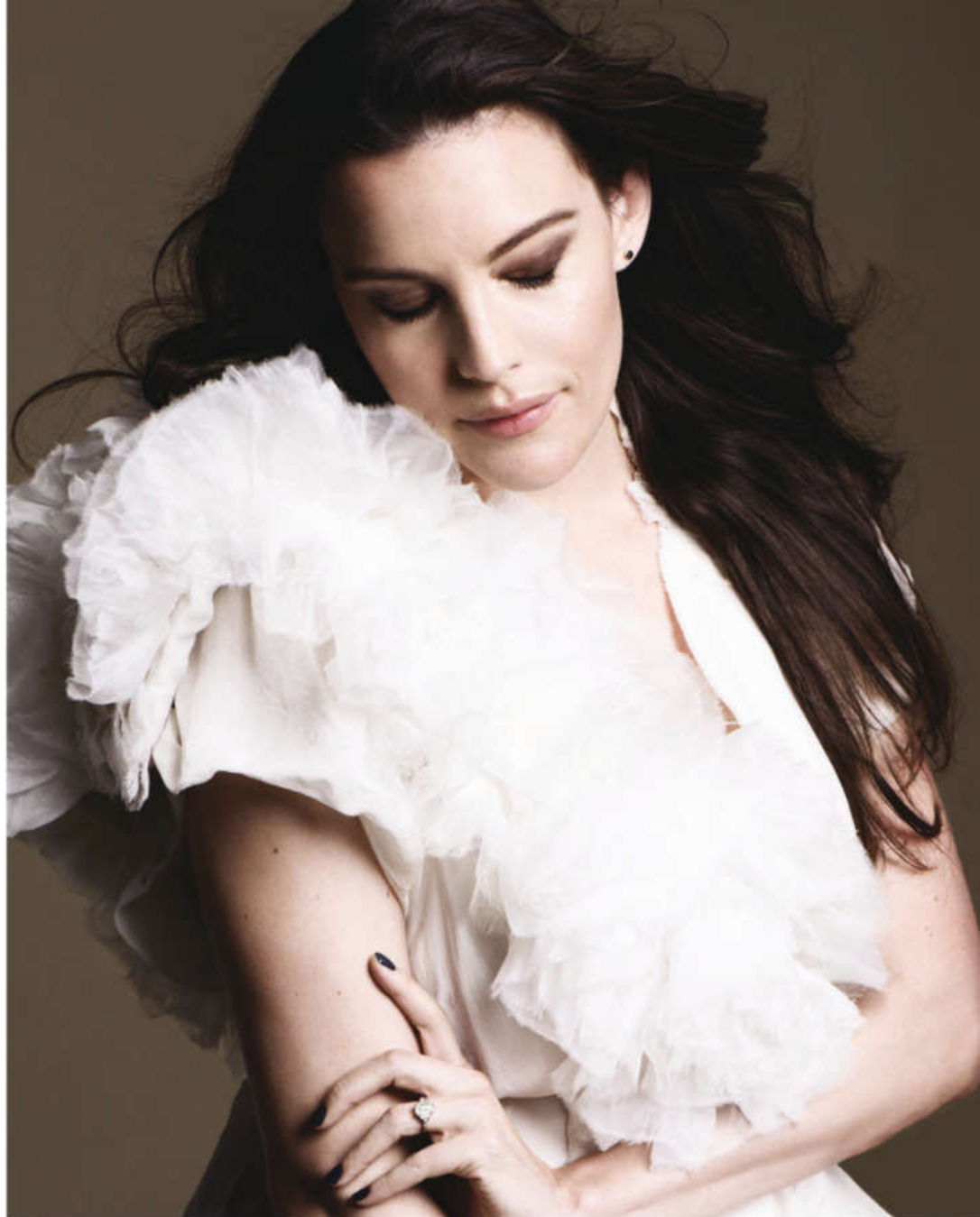
“One of the things that’s always been tricky for me is I started working so young,” she continues. “If you Google me, the photo that always comes up first is me at, like, 13. A moment captured from another time.” In some ways, a more generous time—pre Instagram, Twitter and all the instant criticism those conduits can invite. “I escaped all of that. I was always allowed just to be myself.”

It’s not that Tyler resents being frozen in electronic amber as an ingenue, but she does find it disconcerting that the public continues to think of her that way when she sees herself so differently, as a grown woman juggling career, partnership and kids. “I feel like I’m conducting a giant orchestra, because there’s so many moving parts,” she says. “It’s like, ‘Over there, you guys do that!’ And then, ‘Over there, you do this! All together now!’” Tyler sighs. “It’s kind of what it feels like to be a mom, isn’t it? In the modern world?”

While Tyler always knew she’d be a natural parent, she had fewer firm notions about marriage: “I had this philosophy that you should only get married once. But then, of course, that changes.” Tyler admits that she’d like to marry again, that she is, romantically, even more open to the “sweetness of marriage” than she was on the first go. “I definitely believe we have lessons we learn through our relationships,” she says. “You’re meant to work through and mirror each other. It’s the thing in someone that drives you the most crazy that is maybe a part of yourself somewhere.”

She and Gardner, whom she already refers to as “my husband,” are blending their families and lives, his in London and hers in New York. “We’re doing everything we can to be together, but right now because of work we’re going back and forth,” she says.

All the marriage chat reminds Tyler of her sister Chelsea’s recent wedding in Big Sur. “We were on the top of



this mountain. I was holding Sailor. My dad gave a blessing he’d been writing for months, and it blew my mind. It was the most enchanted, beautiful thing ever. I wish my eyes had been cameras so I could have made my own little movie of what I was seeing.”

Tyler’s doe-eyed veneration can, from the outside, look like blessed naivete, but after some time in her company, it becomes clear that her outlook stems from a hard-won wisdom, her optimism a choice she makes where others might cave to suspicion or self-regard. Tyler has decided to move through the world with genuine gratitude and awe, to be, as she describes it, not only “open to everything” but “one of those people that no matter where I go, I find the beauty in it or the thing about it I love.”

“She’s a seeker,” echoes Theroux. “She’s looking for the next most interesting experience in life, in love, in everything.”

“I’m not a big regretter,” says Tyler plainly. “There are so many magical things that happen all the time.”

ALLISON GLOCK wrote about Melissa McCarthy in the June issue of *More*.





Can you have the best hair of your life at 41? Can you find your true personal style at 65? Absolutely! The women on these 16 pages range in age from 32 to 72, and they all say they’ve never looked (or felt) better, more stylish or more confident. Here, we spill their secrets

BY DIDI GLUCK / PHOTOGRAPHED BY ARI MICHELSON / STYLED BY JONNY LICHTENSTEIN

LEILA JANAH, 32

CEO AND COFOUNDER OF LAXMI BEAUTY

A SELF-DESCRIBED NERD, Leila graduated from high school in Southern California a semester early and at 16 set off for Africa on a scholarship to teach English to blind people. The experience eventually led her to launch Laxmi, a sustainable-beauty company that uses ingredients sourced in Africa. **THE BEST ADVICE SHE’S EVER RECEIVED:** “To abandon my fears and have faith in other people, even those most different from me.”

ON HER COMMITMENT TO SUSTAINABILITY: “We have a duty to create better systems and institutions than our parents’ generation did.” **ON HOW HER ENVIRONMENTAL BELIEFS AFFECT HER BEAUTY ROUTINE:** “I choose natural formulas backed by science. I love brands—like Tarte, Bare Escentuals and Laxmi—that harness the power of potent, plant-based ingredients.” **ON CLEAN EATING:** “Switching to a mostly vegan diet made my hair grow like a weed!”

LEILA’S BEAUTY RULES

ONE SHE FOLLOWS

“I make sure that what I put in and on my body is good for me, the planet and its people.”

ONE SHE BREAKS

Clinging to perfection. “I love my sunspots and scarred legs. They tell the story of a life full of adventure.”

TIPPI'S

3

MUST-HAVES



AVEDA
BE CURLY CO-WASH
*cleanses
and conditions;*
\$24, AVEDA.COM



AVEDA
ACNE RELIEF PADS
help absorb shine;
\$33, AVEDA.COM



AVEDA
BE CURLY MASQUE
*offers intense
hydration;*
\$27, AVEDA.COM

HER
FAVORITE
THING

"My diamond studs.
They were the
first gift my husband
ever gave me, and
I always wear them."

TIPPI SHORTER, 42

GLOBAL ARTISTIC DIRECTOR AT AVEDA

A **N AVID SINGER** who performed with groups in high school and college, Tippi was always the designated hair and makeup artist. "I was following my passion without realizing it," she says. **ON CARING FOR HER OILY SKIN:** "I swipe the oil off my face several times during the day to ensure my pores don't get clogged." **HER SIGNATURE HAIRSTYLE:** "Big!" **ON HOW SHE CARES FOR HER HAIR:** "I co-wash [meaning she replaces traditional shampoo with a cleansing conditioner] and follow with a mask every other day to keep my curls soft and frizz-free." **WHEN SHE FEELS PRETTY:** "When my daughter tells me I look beautiful. Kids are honest, so it means a lot." **ON LOVING HER JOB:** "As an educator who also works in a salon, I get rewarded on two levels. In the salon I can change a person's life by helping them feel good about how they look. As an educator, I can see the light in someone's eyes when they're learning."



HER STYLE ICONS



"It's hard to pick just one. There are quite a few women I really admire, including **PAM GRIER** for her hair, Diana Ross for her glamour and Lisa Bonet for her style."

TIPPI'S
BEAUTY RULES

ONE SHE FOLLOWS

"I sleep eight hours a night."

ONE SHE BREAKS

"I use a brush on my hair when it's wet, and it doesn't mess up my curls."

ANTI-AGING
BY THE
NUMBERS

Only

1

of the
17 women we
interviewed for
this story says
she uses
retinol daily.



RITA HAZAN, 41

CELEBRITY COLORIST AND OWNER OF THE RITA HAZAN SALON

THIS BROOKLYN-BORN-AND-BRED hairstylist got her start applying at-home color to her grandma's hair. "I did all her friends' hair, too." **ON HER HAIR-CARE ROUTINE:** "I don't shampoo every day, but every time I do, I follow with a gloss [Rita Hazan Ultimate Shine Color Gloss, \$26; sephora.com]. And once a week, I use a deep-conditioning treatment to keep my hair healthy looking." **THE BEST JOB ADVICE SHE'S EVER RECEIVED:**

"Treat everyone the same, never be late and never repeat anything you hear." **ON HER SKIN-CARE ROUTINE:** "I get facials every six weeks, cleanse twice daily with Cetaphil Gentle Skin Cleanser [\$12; drug-stores] and splurge on a great night cream." **WHEN SHE FEELS MOST BEAUTIFUL:** "Right after I get my highlights done. I mean, is there *anything* better?" **ON THE IMPORTANCE OF PERFUME:** "My wrists are in other people's faces all day, so I have to smell good."

RITA'S BEAUTY RULES

ONE SHE FOLLOWS
"I cover
my grays."

ONE SHE BREAKS
"I still get
tan in the sun."

RITA'S 3 MUST-HAVES



FREDERIC MALLE
CARNAL FLOWER is a
rose-based scent; \$250,
FREDERICMALLE.COM



CRÈME DE LA MER
contains hydrating
natural extracts;
\$170, LAMER.COM



**RITA HAZAN WEEKLY
REMEDY** delivers a double
dose of emollients;
\$42, ULTA.COM

ANASTASIA'S BEAUTY RULES

ONE SHE FOLLOWS

"I always take off my makeup before bed."

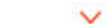
ONE SHE BREAKS

"I break most of them, actually. I come from a Communist regime—so I don't really like rules!"

ANASTASIA'S



MUST-HAVES



KÉRASTASE
MASQUINTENSE THICK
deep-conditions; \$63,
KERASTASE-USA.COM



ANASTASIA TWEEZERS
grasp hairs precisely;
\$28, SEPHORA.COM

FUN FACT ABOUT ANASTASIA

**SHE HAS
5.8 MILLION
FOLLOWERS ON
INSTAGRAM.**



ANASTASIA SOARE, 57

FOUNDER OF ANASTASIA BEVERLY HILLS

THE DAUGHTER of tailors, Anastasia says she "grew up between sewing machines." Her love of fashion led her to attend technical design school in her native Romania, where she studied drawings by Leonardo da Vinci. "We learned that by simply altering a brow in a portrait, da Vinci could change the emotion of his subject." **ON THE BIRTH OF HER BUSINESS EMPIRE:** "In 1992, I opened my own brow studio at the Juan Juan salon in L.A. But they didn't sell any brow products, so I began making them

myself. By 2000 my products were being sold at Nordstrom." **ON HER FIRST FAMOUS CLIENTS IN LOS ANGELES:** "Cindy Crawford, Michelle Pfeiffer and Naomi Campbell. I remember thinking, How can God make people so beautiful?" **ON BEING A BEAUTY HOARDER:** "I think I've tried every piece of makeup on the market. I also use a lot of Murad skin care and Kérastase hair products." **HER FAVORITE QUOTE:** "More is more and less is a bore."—Iris Apfel **A FEW ITEMS SHE CAN'T LIVE WITHOUT:** "Phone, Amex card and tweezers."

HAIR: MARK ANTHONY USING PHYTO PARIS FOR JUDY CASEY INC. MAKEUP: DANIELLA AT WORKGROUP LTD. FOR NARS COSMETICS. MANICURE: MICHELLE MATTHEWS USING DIOR VERNIS AT ROMA REPRESENTS. ON SOARE: JACKET: ELIZABETH AND JAMES; STOCKINGS: WOLFORD; BRA: LA PERLA; ACCESSORIES: HER OWN. PRODUCT PHOTOS: PETER ARDITO

HER FAVORITE THING



"I love my Tahitian pearls, which I've worn for nearly 30 years. They bring luck and strength."

PRUDENCE'S BEAUTY RULES

ONE SHE FOLLOWS

"I apply any facial treatment I use to my hands and neck."

ONE SHE BREAKS

"I don't believe in cutting your hair shorter as you age."

HER STYLE ICONS



"I admire **SARAH FERGUSON** for her global service and Robin McGraw for being plain old fabulous."

PRUDENCE HALL, MD, 65

FOUNDER OF THE HALL CENTER (AN INTEGRATIVE HEALTH CLINIC) IN SANTA MONICA, CALIFORNIA

S **TUDYING INTERNATIONAL** relations in college introduced Prudence to the plight of women in developing nations, which ultimately led her to medicine. "I recognized how I suffered when humanity suffered and that I had always been a natural healer." **THE BEST THING ABOUT BEING A DOCTOR:** "Helping people regain their lives." **THE MEDICAL ADVICE SHE GIVES EVERYONE:** "Stay on top of the newest data. Medicine's best practices are often 25 years behind what's going on in current medical studies." **ON HOW HER CAREER RELATES TO BEAUTY:** "I practice epigenetics, which is the study of how genes express themselves. They're not dealt to us like cards; they can be turned off and on and make everything work beautifully or not. To that end, I preach beauty from the inside out. Because when you live healthy, it shows."



PRUDENCE'S TENETS OF CLEAN LIVING

1

WATCH YOUR DIET

"Cut down on grains, dairy and sugar. They cause inflammation. And increase your intake of superfoods such as almonds and flaxseeds and greens."

2

TAKE SUPPLEMENTS

"Your doctor can advise what's best for you. But I like CoQ10—100 to 200 milligrams a day—to keep the skin cells energized and acting young."

3

MIND YOUR LIFESTYLE

"Stressing your body is anti-beauty. I prefer burst training—going hard on a mini trampoline for 10 minutes, for example—to long rounds of exercise."

4

MEDITATE

"Our emotions end up etched on our faces. For the last few minutes of every day, try to let go of stress and focus on things that bring you joy."

5

SLEEP

"Aim for eight hours a night in complete darkness to trigger the production of the anti-oxidant melatonin."



ANNA KAISER, 35

CELEBRITY TRAINER, FOUNDER
OF AKT IN MOTION FITNESS STUDIOS

GROWING UP in Southern California without a TV, Anna looked to nature for entertainment, which led to a life-long love of physical activity. **HER EXERCISE PHILOSOPHY:** “You’re probably not on a Spin bike or treadmill at work, nor are you lifting 80 pounds overhead—so why would you train to be?” **ON HER SIGNATURE EXERCISE CLASS:** “It’s a 60-minute, dance-based interval workout that combines cardio, strength training and yoga—all very functional.” **ON WEIGHT LOSS:** “Anyone can do it, but maintaining those results is where the work begins.”

ANNA’S BEAUTY RULES

ONE SHE FOLLOWS

“I exercise six days a week.”

ONE SHE BREAKS

“I don’t believe in deprivation diets for anyone.”



JODY GOTTFRIED ARNHOLD, 72

DANCE EDUCATOR, ADVOCATE AND FOUNDER OF
THE 92Y DANCE EDUCATION LABORATORY

YOU COULD SAY Jody has been on point since childhood. By age 13, she was a dance counselor at camp, and by 15 she was an established teacher. **ON HER PASSION FOR TEACHING:** “I taught dance in New York City public schools for more than 20 years and have seen firsthand how children connect with it. It’s a vehicle for self-expression, imagination, improvisation and working with others.” **ON BEAUTY AS A LIFESTYLE:** “I drink lots of water, no alcohol, no caffeine, follow a good diet and apply sunscreen and light makeup every day.”

JODY’S BEAUTY RULES

ONE SHE FOLLOWS

“I believe in spending a bit more for a really good haircut and color.”

ONE SHE BREAKS

“I don’t sleep enough, and I never unwind—though I always have fun.”

KAISER: HAIR: MARK ANTHONY USING PHYTO PARIS FOR JUDY CASEY INC.; MAKEUP: DANIELLA AT WORKGROUP LTD. FOR NARS COSMETICS; MANICURE: MICHELLE MATTHEWS USING DOR VERNIS AT RONA REPRESENTS. TOP: JONATHAN SIMKHA; SHORTS: GEORGINE. ARNHOLD: HAIR: MARK ANTHONY USING PHYTO PARIS FOR JUDY CASEY INC.; MAKEUP: INGEBORG USING DIORSKIN NUDE. MANICURE: MICHELLE MATTHEWS USING DOR VERNIS AT RONA REPRESENTS. COAT: USE UNUSED; DRESS AND ACCESSORIES: HER OWN



SHIRLEY MADHERE, 48

PLASTIC
SURGEON

T HIS WESTERN-MEDICINE-TRAINED doctor believes that beauty is a holistic proposition. “I was a dancer before I became a physician. And this instilled in me a profound appreciation for the entire human form.” **HER SPECIAL APPROACH TO ANTI-AGING:** “While I have a traditional plastic surgery practice, I incorporate methods such as homeopathy, nutritional modification, reiki, acupuncture, exercise—core work and cardio—and vitamin supplementation to help people prepare for and recover from procedures, as well as to maintain their looks in general.”

SHIRLEY'S BEAUTY RULES

ONE SHE FOLLOWS

“I express gratitude daily.”

ONE SHE BREAKS

“I probably don’t exfoliate as much as I should.”



ANNBETH ESCHBACH, 56

FOUNDER AND CEO
OF EXHALE

A NNBETH, a fitness pioneer, recognized a void in the exercise market after completing her MBA at New York University. So in 2002 she started Exhale, which she describes as a “modern space in an urban environment that can deliver the kinds of powerful life-changing results that are achieved at destination spas—without having to travel.” **HER FITNESS FAVORITES:** “I do yoga or core fusion barre at Exhale every day.” **ON HER ROSY GLOW:** “I use Tata Harper Volumizing Lip and Cheek Tint in Very Charming [\$35; tataharperskincare.com].”

ANNBETH'S BEAUTY RULES

ONE SHE FOLLOWS

“I meditate and eat a lot of protein and greens.”

ONE SHE BREAKS

“I love the sun, wine and cookies.”

HER STYLE ICONS



"I don't believe in choosing just one icon to emulate, but I've always admired the personal styles of

LOUISE NEVELSON and Marchesa Luisa Casati."

MIYAKO'S BEAUTY RULES

ONE SHE FOLLOWS

"I wear sunscreen daily."

ONE SHE BREAKS

"Exercise daily."

HER FAVORITE THING



"A caftan I found in Morocco. I always feel best when I'm wearing something meaningful. It gives me confidence."

MIYAKO NAKAMURA, 36

DESIGNER OF MM.LAFLEUR

BORN IN Kyoto, Japan, Miyako came to the United States for an undergraduate degree at Kent State in Ohio. A summer internship at Zac Posen was all it took for her to fall in love with design and decide to pursue it as a career. **ON THE FASHION INDUSTRY:** "It looks glamorous from the outside, but it's actually incredibly technical. If you're thinking about getting into it, be sure that you truly love the work of it, not the image of it." **ON HER THREE FASHION GO-TOS:** "I rely on my pieces from Shihara [a Japanese jewelry line], Azzedine Alaïa black heels and MM.LaFleur Amanpour shirt [\$145; mmlafleur.com]." **ON THAT HAIR:** "I recently bleached it silver because I think it looks modern. To maintain the color, I use special shampoo and conditioner and hair oil every day." **HER SIGNATURE STYLE:** "Oversize." **WHEN SHE'S AT HER BEST:** "When I'm in tune with the people I'm with, my surroundings or just my outfit."



MIYAKO'S



MUST-HAVES



CLAIROL SHIMMER LIGHTS SHAMPOO keeps brassiness at bay; \$9, SALLYBEAUTY.COM



CLAIROL SHIMMER LIGHTS CONDITIONER maintains moisture; \$13, SALLYBEAUTY.COM



CAROL'S DAUGHTER HAIR OIL tamps down flyaways; \$14, CAROLSDAUGHTER.COM

ANTI-AGING BY THE NUMBERS

About
50%
of the
17 women
we interviewed
said they'd
"never" use
injectables.



SARA BLAKELY, 44

FOUNDER OF SPANX

A **S A CHILD** growing up in Clearwater Beach, Florida, Sara didn't have many opportunities to dress up. It wasn't until she moved to Atlanta after college that she had her first encounter with dress pants—and their oh-so-unflattering cling. **ON HER PROTOTYPE:** “I quickly realized what control-top hosiery did for my body. So I cut the feet off a pair of pantyhose and wore them under pants.” **THE AGAINST-THE-GRAIN ADVICE HER DAD GAVE HER:** “At the dinner table, my dad used to ask my

brother and me what we had done to fail that week. If we had a failure to share, he'd high-five us. So my definition of failure became ‘not trying’ rather than ‘not succeeding.’” **HOW LONG IT TOOK HER TO SUCCEED:** “Two years after I cut the feet off those pantyhose, I was selling Spanx in Neiman Marcus.” **ON HER WAVY ‘DO:** “I braid my hair at night and sleep on it.” **ON HER BEAUTY BESTIE:** “Tina Fey. She's a really good friend of mine—in my mind. Women who look comfortable in their skin are beautiful to me.”

FUN FACT ABOUT SARA

BEFORE SHE SOLD SPANX, SHE TRIED OUT TO PLAY GOOFY AT DISNEY WORLD.

SARA'S BEAUTY RULES

ONE SHE FOLLOWS

Treat your tresses with TLC. “I wear scrunchies! They don't rip out my hair, so I don't care that my friends tell me not to!”

ONE SHE BREAKS

“I don't wear a bra every day.”

HER FAVORITE THING



“I've been using **POND'S COLD CREAM** (\$8; target.com) since my grandmother introduced me to it.”

EILEEN'S MUST-HAVE



DR. HAUSCHKA
QUINCE DAY CREAM
nourishes and
protects skin; \$40,
DRHAUSCHKA.COM

HER BEAUTY RULES

ONE SHE FOLLOWS

"I shower daily."

ONE SHE BREAKS

Get rid of gray hair. "I stopped dyeing mine when I was pregnant with my daughter—who is 22 now."

HER FAVORITE THING



"My silk blanket. I sleep with it every night. It's the best."



EILEEN FISHER, 65

CEO OF EILEEN FISHER

FOR FISHER, comfort is key. "I've always been slightly awkward. Maybe that's why I had to make comfortable clothes." The Illinois native is a lot less self-conscious now but has stayed true to her iconic design philosophy: "I like clothes that are simple and easy." **ON SUSTAINABLE FASHION:** "I feel responsible for our clothes, from seed until they're done being worn. I don't want them ending up in a landfill. That's why [at participating boutiques] we take our used apparel back and clean it and resell

it [at the company's Green Eileen stores; greeneileen.org], upcycle it or donate it to a shelter." **ON HER UNIFORM:** "I wear similar things every day. I have about 30 pairs of black pants, which I pair with shells, boxy tops or cardigans." **ON HOW SHE UNWINDS:** "A lot of dancers wear my clothes, and many of them work for our company. We have spontaneous dance parties." **ON HER HAIR:** "I've had some variation of this style since I was five." **ON HER MINIMALIST BEAUTY REGIMEN:** "I put on my moisturizer."

HAIR: MARK ANTHONY USING PHYTO PARIS FOR JUDY CASEY INC.; MAKEUP: DANIELLA AT WORKGROUP LTD. FOR NARS COSMETICS; MANICURE: MICHELLE MATTHEWS USING DIOR VERNIS AT IRONA REPRESENTS; TOP: PANTS AND SHOES: EILEEN FISHER; ACCESSORIES: HER OWN. PHOTOS: FROM TOP: PETER ARDITO, COURTESY OF GARNET HILL

DEBORAH'S



MUST-HAVES



PROACTIV CLEANSER
keeps pores clear;
\$20, PROACTIV.COM



**DENNIS GROSS
ALPHA BETA PEEL**
encourages exfoliation;
\$16, SEPHORA.COM



**TOM FORD LIPSTICK
IN WARM SABLE**
is a suits-all nude;
\$52, TOMFORD.COM

HER STYLE ICONS



"A few women whose sensibilities I admire are **INÈS DE LA FRESSANGE**, Victoria Beckham and the Olsen twins."

DEBORAH CAVANAGH, 58

SENIOR VICE PRESIDENT OF MARKETING AT TALBOTS

RAISED IN a close-knit family of six children, Deborah was practically born to thrive in a team environment. So it's no surprise that she ended up in senior management at Talbots. **ON HER COOL CUSTOMER:** "She's typically 45 to 65 and focused on living a rich life rather than a life of riches." **ON THE VALUE OF TEAMWORK:** "In business you can't fly solo or expect to be a one-stop solution. Your success is dependent on collaboration." **ON SKIN CARE:** "I love routine and have been using the same cleanser for the past 10 years. I also do a home peel regularly and like a pop of color on my lips." **ON HER SIGNATURE HAIRSTYLE:** "I ask my stylist for the 'young and sexy,' and this is what he gives me." **ON THE ROLE OF FITNESS IN HER BEAUTY REGIMEN:** "Exercise makes me strong and keeps my skin glowing. I've been doing Insanity for three years. To date, that means 1,095 mornings spent with Shaun T on my DVD player."



DEBORAH'S
GO-TO
OUTFIT



"My everyday look tends to veer to skinny jeans, a gray cashmere sweater, my black leather motorcycle jacket and my **SAINT LAURENT** BOOTIES."

HER
BEAUTY RULES

ONE SHE FOLLOWS

"I pumice my heels regularly."

ONE SHE BREAKS

"People always tell you to sleep on a silk pillowcase to prevent wrinkles. I never have, and I'm not interested."

ANTI-AGING
BY THE
NUMBERS

1/3

of the 17 women we interviewed said they don't or won't cover their gray hair.

KATE'S

3

MUST-HAVES



ILIA LIPSTICK IN BANG BANG is good for day or night; \$26, [ILIA BEAUTY.COM](http://ilia beauty.com)



GUERLAIN TERRACOTTA BRONZER provides a touch of tan; \$53, [SEPHORA.COM](http://sephora.com)



LAURA MERCIER POWDER sets makeup so it lasts; \$35, [LAURAMERCIER.COM](http://lauramercier.com)

HER STYLE ICON



"LAUREN BACALL. She always looked pretty and smart."

KATE REYNOLDS, 35

PARTNER IN STUDIO FOUR NYC, A TEXTILE-DESIGN FIRM

I **T WOULD** have been quite surprising if this Columbia, South Carolina, native hadn't landed in the decorative arts. "My mom is an interior designer, and my dad works in real estate. We moved about five times before I was 20 because my parents liked the challenge of renovating. It made a big impact on me." **ON FUNCTIONAL FASHION:** "I need to look nice but also be comfortable because I'm constantly moving rugs and fabrics around the showroom. So I wear a lot of jeans or loose dresses." **ON HER GO-TO MAKEUP:** "I just wear a little powder, a good lipstick and bronzer for some extra color." **ON ANTI-AGING:** "With two little boys, it's hard enough for me to keep a dentist appointment, so I wouldn't have time to get injectables even if I wanted to!" **ON WINDING DOWN:** "I like to relax and goof around with my family because they crack me up. I also love a good gin martini at cocktail hour."



ANTI-AGING BY THE NUMBERS

About **50%** of the 17 women we interviewed said they'd "never" have plastic surgery.

KATE'S BEAUTY RULES

ONE SHE FOLLOWS

"Wash your hair less. I only wash mine two or three times a week, and then I let it air-dry."

ONE SHE BREAKS

"I should be better about wearing sunscreen daily."

HER FAVORITE THING



"Any piece of my good friend Jane Pope Cooper's jewelry." Shown: **TEXTURED MAR CUFF**; \$72, janepopejewelry.com.



CAROLINE GRANT, 40

FOUNDER OF DEKAR DESIGN, AN INTERIOR DESIGN FIRM

A NEW YORK CITY native, Caroline “only strayed as far as Washington, D.C.,” to attend college—Georgetown University, where she earned a degree in art history. She found a job in public relations and marketing after graduation, but a year later, she had a change of heart and decided to revisit her lifelong love of art by going to work for a decorative painter. **ON STARTING A BUSINESS:** “About 10 years ago, an acquaintance offered my best childhood friend [now her business partner]

and me a job doing a gut renovation. We learned as we went; we were young, naive and ballsy.” **THE ADVICE SHE GIVES TO ASPIRING BUSINESS OWNERS:** “Look up, down and all around for ideas.” **HER PERSONAL AESTHETIC:** “I’m surrounded by colors and patterns, so I try to wear a lot of black, white, beige and gray.” **HER STYLE ICONS:** “The people I frequently Google are Carolyn Bessette, Elle Macpherson and Jane Birkin.” **ON HER NEXT CHALLENGE:** “Designing a vegan restaurant. I can’t even use wool!”

CAROLINE’S



MUST-HAVES



“I love SONIA KASHUK ILLUMINATING FOUNDATION [\$11, TARGET.COM] and lengthening LASHIFY MASCARA [\$7, TARGET.COM].”

CAROLINE’S BEAUTY RULES

ONE SHE FOLLOWS

“Try new things.”

ONE SHE BREAKS

“I don’t spend a lot on beauty products.”

HER ADVICE FOR A BEAUTIFUL HOME

1

DECLUTTER

“Give away 10 percent of what you own.”

2

RECYCLE

“Use old things in new ways. As in, hang a basket on the wall.”

3

PLAY WITH PILLOWS

“Changing the pillows can make a room feel completely redone.”

HER STYLE ICON



"I admire **GRACE JONES** for her fearlessness. For me, beauty is more about the brain than anything reflected in the mirror."

SHEILA'S BEAUTY RULES

ONE SHE FOLLOWS

"As the daughter of a dentist, I would never think of not brushing or flossing my teeth before going to sleep."

ONE SHE BREAKS

"I rarely wash my face at bedtime."

HER FAVORITE THING



"**NARS VELVET GLOSS LIP PENCILS** [\$26; sephora.com] make me feel like I'm drawing with crayons. My favorite colors are Happy Days, New Lover and Baroque."



SHEILA BRIDGES, 51

INTERIOR DESIGNER, AUTHOR, ENTREPRENEUR

FOR A WOMAN who found fame and fortune designing new spaces for other people (including the Harlem offices of former president Bill Clinton and his staff), Sheila did not experience many changes in her own home as a child. "I had the exact same bedroom since the day I was brought home from the hospital," says the Philadelphia native. "Not many people can say that." **THREE WORDS THAT DESCRIBE HER DECORATING STYLE:** "Classic, colorful, timeless."

HER FASHION PHILOSOPHY: "I love mixing vintage and designer pieces with less expensive things, like J.Crew skinny jeans with tops by Calypso St. Barth, Matthew Williamson, Cos or Alice and Olivia." **ON BEING THE BALD MERMAID** [the title of Bridges's 2013 memoir]: "I no longer have insecurities about my hair, though I doubt that anyone with alopecia wouldn't welcome the opportunity to have hair again. What's hard for those of us who've lost our hair to the disease is that we simply didn't have a choice."

HAIR: MARK ANTHONY USING PHYTO PARIS FOR JUDY CASEY INC.; MAKEUP: DANIELLA AT WORKGROUP LTD. FOR NARS COSMETICS; MANICURE: MAYUMI ABUKU USING DIOR VERNIS AT RONA REPRESENTS; TOP: NIC + ZOE; SHORTS: RAQUEL ALLEGRA; SHOES: JIMMY CHOO; EARRINGS: HEARTS ON FIRE; BRACELET: TIFFANY & CO.; RING: GURHAN. PHOTOS: GRACE JONES; KEITH HAMSHIRE/GETTY IMAGES; NARS LIP PENCILS: COURTESY OF NARS

ISABEL'S



MUST-HAVES



HOTHOUSE BEAUTY KUBA ROSE also has peony and musk; \$53, LANEBRYANT.COM



CHANEL IN LA BOULEVERSANTE is a classic cherry red; \$36, CHANEL.COM



JOHNSON'S BABY OIL locks in moisture; \$6, DRUGSTORES



HOTHOUSE BEAUTY CRYSTAL HONEY also has apple and amber; \$53, LANEBRYANT.COM

ISABEL TOLEDO, 55

ARTIST AND DESIGNER

IT'S HARD to put this Cuban-born beauty in a box. Or as she prefers to explain it, "I can't be caged." While she's known predominantly for her eponymous fashion label (she designed Michelle Obama's 2009 inaugural dress-and-coat combo), Isabel—along with her husband and creative partner for the past 30 years, Ruben—has created everything from mannequins to furniture to, most recently, perfume (Hothouse Beauties, two scents that launched in September at Lane Bryant stores). **ON DEVELOPING A STYLE:** "You shouldn't have to search for it; your style should be the product of all the things you've bought and loved." **ON THE RIGHT RED LIPSTICK:** "I'm very particular about reds, in makeup and in fabric. If they're not right for you, they can look cheap." **ON HER FITNESS OBSESSION:** "I Hula-Hoop daily. It really centers you." **ON WHAT SHE LOVES ABOUT BEING 55:** "You get things right faster." ☺



FUN
FACT ABOUT
ISABEL

**"I DON'T HAVE
A SMART-
PHONE. NEVER
HAVE, NEVER
WILL."**

ISABEL'S
BEAUTY RULES

ONE SHE FOLLOWS

"My mom taught me to hydrate religiously with body oil. I put it on my skin while I'm still wet from the shower. I even use a little on my face."

ONE SHE BREAKS

"I cut Ruben's hair for him, and I'm not exactly a hairstylist."



HER
FAVORITE
THING

"My husband, **RUBEN TOLEDO**. I get to live twice every day, through my love for him and his love for me."



THIS IS WHAT A FEMINIST LOOKS LIKE



WHAT DO CAITLYN JENNER AND TEENAGE BOYS HAVE IN COMMON?
THEY'RE AT THE VANGUARD OF FEMINISM'S NEXT WAVE. HOW GENDER FLUIDITY AND
SECOND-WAVE SONS (AND GRANDSONS) ARE TRANSFORMING THE
WOMEN'S MOVEMENT • BY JENNIFER BAUMGARDNER



PHOTOGRAPHED BY LORETTA LUX

ON A BRIGHT



winter Saturday earlier this year, more than 150 New York City high school students are gathered for a StopSlut Coalition meeting in the cavernous cafeteria of Hunter College on East 68th Street. The room is jumping with bright, puppyish energy, and the students are a gorgeous mishmash of New York humanity—a *Real World* episode, only more stylish.

“Here, we can have a conversation about things that are hard for teenagers to talk about,” announces Katie Cappiello, a dynamic 34-year-old playwright and director who, with her similarly ebullient business partner, Meg McInerney, 33, convened this StopSlut meeting, one of several they’ve held around the country over the past few years. The owners of an all-girl theater company called The Arts Effect, the women began the meetings after seeing the intense reaction of teenagers to the play *Slut*, based on the sexual assault of a 16-year-old girl by three boys she knew and liked.

Cappiello continues: “Together, we can ask, How can we make our social dynamics healthier and better for each other?”

Scattered around the room, nodding vigorously, are dozens of teenage boys. They are here, along with the girls, to talk about the often-toxic sexual culture teens face. A tall 16-year-old wearing a plaid shirt stands up. “I feel like the only *real* way to get it through a guy’s head to respect women is to talk to your own friends. Like, Anthony’s one of my best friends,” he says, gesturing to the boy seated next to him. Anthony, who identifies himself to the group as a “Fox News-loving” Republican, interjects, “If they’ve been not respecting women for their first 16 years, they’re not going to just start. It’s going to take time and effort, but the worst thing you can do is just yell at them. They’re never going to listen to you. They’re just going to shut down.”

The young people in this room seem to believe not only in the importance of feminism but also in the notion that guys have a crucial place in it—as powerful messengers as well as agents of change. Call it *femenism*, and males are owning this F-word as never before. Which is important, because now we know that mobilizing women alone was not enough. For true equality to be achieved, men need to join women in campaigning for equal rights. Here’s how “*femenism*” happened and why it’s as good for them as it is for us.

FEMINISM WAS---

a big part of my life when I was a kid in the 1970s. *Ms.* magazine was on the coffee table, Billie Jean King was on TV, and “You can be whatever you want to be” was the mantra fed to my sisters and me with our morning Tang. The dudes I recall seemed to run on a spectrum from “enemy” (Jesse Helms) to “male chauvinist pig” (Dabney Coleman in *9 to 5*) to “exception” (Alan Alda) to “clueless” (everyone else).

If aliens came to our planet and perused the era’s feminist-influenced pop culture, they’d probably wonder how men—those lazy, selfish, grabby, hairy idiots—got to be in charge.

My feminist collective at college in the early 1990s was the unfortunately named Downer Feminist Council. (“Downer” commemorated the women’s college that my school, Lawrence University, had absorbed in the 1960s, but it also reflected our buzzkill vibe on campus.) We had one male member. At first we liked him; then he wouldn’t shut up, beginning every pontification with “As the one male voice in the group.” His participation was a fail, but not all men espousing egalitarian ideals provoked my suspicion. Our collective sold gray T-shirts emblazoned with the statement MEN OF QUALITY AREN’T INTIMIDATED BY WOMEN DEMANDING EQUALITY! (Thank God oversize ’90s fashion could accommodate our lengthy slogan.) I gave one to my dad for Father’s Day, and he wore it jogging in our hometown of Fargo, North Dakota. I asked him once what kind of response he got when wearing it.

“Oh, it was a great statement,” he began. “That shirt brought it on home that men needed to step up and do everything they could to guarantee equal pay and equal rights.” Then he added that wherever he went, women smiled at him, a sort of silent thumbs-up.

Feminists have often struggled with the idea of how—and how much—to include males in the movement. In the late 1960s and early ’70s, activists sought a women-only space, a margin from which they could take a breath and assess the culture. Creating these institutions—“by, for and about women,” as the saying went—demonstrated that women could answer questions in class, wield a hammer and run a soundboard, all without possession of a penis.

“Men were *allowed* to be a kind of women’s auxiliary back then,” says Alix Kates Shulman, the 83-year-old activist and author of the book *Memoirs of an Ex-Prom Queen* and

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the widely reprinted manifesto *A Marriage Agreement*. A brunette pixie with a powerful intellect, Shulman lived through the days of segregated want ads, date rape (back when it was just called a bad date) and the barring of women from the Harvard Club, McSorley's saloon, Little League and combat. Men could have a role in this brave new world Shulman and her contemporaries were creating, but they would be assisting, not taking over. By the early '70s, "we women's liberationists thought, We're doing revolutionary work. Let the men provide the child care while we change the world," Shulman says. It wasn't that they were consigning men to the scut work, as men did women. It was that men doing service work would be revolutionary—it was justice! "For certain events, such as speak-outs on rape, women got in free and men had to pay," Shulman recalls. "I thought of it as a voyeur tax."

At times, men were seen as courageous or strategic allies; we needed their power and privilege in order to get things done. After all, it was a Tennessee man who, at the urging of his mother, changed his vote in favor of women's suffrage to ratify the 19th amendment in 1920; 50 years later, a male politician in New York State changed his vote and made abortion legal, predating the *Roe v. Wade* decision by three years. We needed men to make room for us, to "take their feet from off our necks," as suffragist Sarah Moore Grimké put it in 1837, "and permit us to stand upright." To start putting us, instead of their buddies, onto corporate boards. To stop grabbing our butts on the subway.

Encouraging women to fight for their rights while (for the most part) relegating men to the sidelines was never going to be more than half the answer to the question of women's equality; men needed to evolve, too. But transforming men requires the belief that men can change—and that they want to.

"CAN SOMEONE_--

tell me a way in which a guy faces pressure around sex?" asks Cappiello.

"He's expected to always want it!" one girl calls out.

"And," says another girl, "if I hook up with a girl and kiss her at a party, it's gonna be like, OK, whatever, that's hot. But if a guy wants to explore his sexuality and make out with a guy, oh my goodness, God forbid. Everyone's going to freak out and call him homo."

"That's the other side of the double standard that we don't talk about," says Cappiello. "We have to talk about that." The guys once again nod in agreement.

The StopSlut students are impressive in their openness about the awkward dance that is teenage sexuality. But even more encouraging is the fact that a lot of older guys are philosophically in tune with them. Fifty-one percent of men (and 69 percent of women) consider themselves

feminists when assured that it means the social, political and economic equality of all people (rather than, say, the swapping out of patriarchy for a matriarchy), according to a 2014 *Economist*/YouGov poll. An Ipsos poll last year found that nearly half of men in 15 developed countries "identify as someone who advocates and supports equal opportunities for women"; two thirds said they'd spoken up and acted "to change things for women."

The ground began to shift around 1990, as the first generation of kids raised with feminism in the water became adults. Nirvana front man Kurt Cobain wore dresses onstage and called out misogynists and homophobes, demonstrating to millions of male fans that you can be hard core and pro-woman. In 1991 a group of Canadian guys launched the White Ribbon Campaign, asking men to pledge "to never commit, condone or remain silent about violence against women and girls." Today the White Ribbon Campaign is active in more than 60 countries; I've visited dozens of colleges that participate in the group's "Walk a Mile in Her Shoes" action, during which men teeter for a mile in women's footwear—including stilettos—to raise awareness of gender issues. (Visit walkamileinhershoes.org to see videos of the events.)

And today men are increasingly breaking ranks with bros to show solidarity with women, as witnessed by the following recent moments in pop culture. Comedian Hannibal Buress, who plays the chill dentist boyfriend on Comedy Central's *Broad City*, outed paternal icon Bill Cosby as an alleged serial rapist. On his satiric HBO news program, John Oliver devoted a segment to examining revenge porn and cyberstalking; that's just one example from a roster of Oliver stories—such as lampooning the *Sports Illustrated* swimsuit issue and calling for paid family leave—that plays like a Gloria Steinem fantasy. *Parks and Recreation* star Aziz Ansari, who's also a comic and a best-selling author, mentioned on the *Late Show with David Letterman* that he is a feminist, treating it as a no-brainer rather than a gutsy stance. And in Silicon Valley, Marc Benioff, CEO of the cloud-computing giant Salesforce, announced he was reviewing the salaries of his 16,000 employees, vowing to close any gender-based pay gaps at his firm.

Even the most powerful man in the world got in on the action: At his final press conference of 2014, President Obama took the questions of only the women journalists. He has also denounced the scourge of campus rape from his bully pulpit and created the White House Task

Force to Protect Students from Sexual Assault, which helped get the message across with an “It’s on Us” public service campaign featuring Questlove and Jon Hamm.

Why are men embracing feminism now, and vice versa? A couple of unique cultural moments are cresting to make it happen. The first is that we have multiple generations raised with expectations created by the 1970s wave of feminism: Women are now athletes, soldiers, firefighters, astronauts, Supreme Court justices and presidential candidates. “Young men expect their wives will work outside the home and be just as committed to their careers,” says Michael Kimmel, a sociology professor at Stony Brook University in Stony Brook, New York, and the author of several books about men and masculinity, including the best seller *Guyland: The Perilous World Where Boys Become Men*. According to a 2013 Pew research study, roughly 60 percent of homes are dual income, and fathers are as likely as mothers to complain about work-life balance. Men are also, if they have female children, more inclined toward supporting gender equality: A widely cited 2011 study in Denmark found that after male CEOs had daughters, the gender wage gap at their firms shrank, and a 2015 Harvard study found that judges with daughters consistently vote along pro-woman lines.

Beau Willimon, the 38-year-old creator of the American version of *House of Cards*, credits having a feminist scholar named Gayatri Spivak as his professor at Columbia with changing the way he views the world, especially as a writer. “Spivak taught me how to read—by that I mean looking at a text from every angle imaginable, being aware of your own limited horizons and trying to be aware of unconscious biases,” he recalls. Willimon’s hit show sparked both praise and controversy for including a sexual assault and an abortion in the life of a main character, Claire, who happens to be the first lady of the United States. “I didn’t write that to reduce her to those experiences. I wrote them in because for women they are so prevalent,” he says.

The second trend bringing men into the feminist mainstream is the newly recognized fluidity of gender. Over the past 15 years, the idea of gender as a continuum has become increasingly common—see Caitlyn Jenner, *Orange Is the New Black*’s Laverne Cox, YouTube sensation and trans vlogger Aydian Dowling, best-selling author Janet Mock (*Redefining Realness*), the *Changers* book series and the hit Amazon show *Transparent*. In 2013 a full 92 percent of lesbian, gay, bisexual and transgender Americans told Pew pollsters that society had become more accepting of them in the preceding decade and that they expected the U.S. to grow even more accepting in the decade ahead. In July the Pentagon announced plans to lift its ban on transgender people serving openly in the military; in August the White House appointed its first openly transgender staff member.

These cultural examples open up space within the feminist movement for us all to be on the same team. In the early ’90s, there were almost no trans-feminist or trans-rights organizations, and in 2003, when the Third Wave Foundation (now the Third Wave Fund) began to talk about including trans people, it was shocking to the more established women’s groups. These days all the mainstream feminist organizations, groups such as NOW and the Ms. Foundation for Women, are trans inclusive, and gender studies has replaced women’s studies as the go-to academic place to learn about feminism. What constitutes a woman or man is not the black-and-white reality it once was, and with that instability comes an opportunity to liberate the individual.

Men today, like the boys at the StopSlut meeting, are likely to support feminism not just as a favor to women but on behalf of themselves as well. In 1976 the social scientists Deborah David and Robert Brannon identified four basic rules of traditional masculinity: no vulnerability, success as central measure of worth, being rocklike (unmoving and solid) and aggressiveness/daring. There is a growing belief that men need the opportunity to re-examine these long-held gender roles and to figure out how to be themselves in a culture that demands they be tough. The National Council for Research on Women recently rebranded itself as Re:Gender; its president, Áine Dugan, says that’s meant to signal that the organization is adapting to the zeitgeist—“because restrictive gender norms, learned at birth and reinforced throughout life, restrict everyone . . . and are at the root of numerous intractable problems, including economic insecurity and sexual violence.”

For men, “the price of compliance with gender norms can be especially steep and can include poor psychological and physical health,” concluded a report by the nonprofit Catalyst, which works to support women in business. Jennifer Seibel Newsom, the filmmaker, followed up her popular documentary about female media imagery, *Miss Representation*, with *The Mask You Live In*, which poignantly explores masculinity. Boys are depicted talking about how they stuff down their feelings when they’re scared or sad. The one emotion that’s deemed acceptable for them, they feel, is anger. “Compared with girls, boys in the U.S. are more likely to be diagnosed with a behavior disorder, be prescribed stimulant medications, fail out of school, binge-drink, commit a violent crime or take their own lives,” Newsom writes in her director’s statement. “I have three children, two girls and a boy, and I don’t want to raise a son to be a part of these statistics.”

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AS WELL.**



a comprehensive curriculum targeting boys and men ages 15 to 24, using discussion and role play to help them separate from rigid gender roles. It's in place in 22 countries (including many in the Middle East), primarily in schools. And for nearly two decades, Vital Voices, a U.S.-based nonprofit that promotes women's advancement worldwide, has espoused the philosophy that "violence affects us all, and male advocates have a unique form of influence with other men and boys," says president and CEO Alyse Nelson. Each year the group recognizes outstanding men who work in meaningful solidarity for women's causes; last year's honorees included actor Patrick Stewart, retired NFL quarterback Don McPherson, Vice President Joe Biden and South African activist Bafana Khumalo.

After decades of working with other men in the antiviolence movement, Kimmel, who in 2013 founded Stony Brook's Center for the Study of Men and Masculinities, is very optimistic about feminism. One big reason: the rise in close opposite-sex friendships that he has observed among his students. "Who do you make friends with?" he asks. "You make friends with your peers, with your equals. I believe that young people [today] have more experience with interpersonal gender equality than any generation in history."

Certainly friendship is what brought many of the male attendees to the StopSlut meeting. "I'm just mad, frankly," says Max, a high school senior. "My [female] friends get cat-called all the time, when they're just walking down the street. Three of my friends have been raped or sexually assaulted in the last year. First, I was just sad, but then I became so angry. The only thing I felt I could do was try to do something to change it, which is why I'm here today."

How can we get even more men to join this movement? "People ask us our special trick to get young men to be part of what we do," says Cappiello, whose StopSlut performances and meetings are always densely and diversely attended. "We say, 'Well, we invite them.'"

JENNIFER BAUMGARDNER is the publisher of the Feminist Press, the author of six feminist books and the mother of two feminist sons. [@jenniferbedbaum](#)

IN 2013---

Kimmel and the feminist scholar Michael Kaufman asserted in the *New York Times* that there was not a "United Nations agency, a large N.G.O., a national government or, indeed, even a women's organization" that wasn't "working to engage men and boys to end violence against women and support gender equality." In fact, female-driven organizations are reaching out to men for their boards, staff and programming. Teresa Younger, CEO of the Ms. Foundation, is fully committed to engaging men as she moves her organization into the future—men who, because of their place on the historical continuum, are aligned with feminists in what they "expect, want and value," she says.

Internationally, Promundo, a Brazilian organization devoted to gender justice, engages men in the eradication of child marriage and violence against women but also creates programs about fatherhood and male caregiving. One such initiative, Program H (for *hombre*), is

x
THINK PINK! x
x

THE COLOR HAS BEEN fashionable since the 17th century, when both men and women wore it. This season, designers offer a spectrum of saturated shades, from pale blush to bright magenta—the ideal counterpoint to all your neutrals



NARCISO RODRIGUEZ *leather clog*; **BARNEYS NEW YORK**. OPPOSITE: **DAVID YURMAN** *18k rose-gold and resin pinky ring*; **DAVIDYURMAN.COM**.



X

PHOTOGRAPHED BY PHILIPPE LACOMBE

X

LOEWE suede handbag; BARNEYS NEW YORK.



ROGER VIVIER *leather shoe*; 212-861-5371.



FENDI *python and patent leather handbag*; 212-897-2244.



TIFFANY & CO. 18k rose-gold pendant with pink sapphires; TIFFANY.COM.



JIMMY CHOO *velvet pump with leather strap*; JIMMYCHOO.COM.



PRADA leather handbag; PRADA.COM. For prices and links to products, go to more.com/wheretobuy. ©





T H E
W O M A N
W H O
S T O O D
U P T O
I S I S

BY
SHEILA
WELLER

PHOTOGRAPHED
BY
NADAV
KANDER

SINCE THE UPRISING IN SYRIA BEGAN, CBS NEWS
CORRESPONDENT **CLARISSA WARD** HAS DODGED BULLETS, CREPT ACROSS
BORDERS AND FACED DOWN JIHADI LEADERS TO REPORT ON
A NATION'S PAIN—AND ISLAMIST EXTREMISM'S GROWING THREAT TO US ALL.
HERE, HOW SHE BALANCES RISK AND REWARD

IT

WAS A RAINY NIGHT in February 2012, and Clarissa Ward was slipping across the Turkish border into Syria. The uprising against President Bashar al-Assad had escalated to full-scale civil war, and the CBS News foreign correspondent, in headscarf and body armor, was trudging through fields “so saturated with water that every step you took, your shoes were almost pulled off your feet by the suction,” she recalls. With her was associate producer Ben Plesser, whose video gear was strapped to his back. They were heading to a designated meeting place, where members of the Free Syrian Army—the pro-democracy, anti-Assad rebels—were trying to take back a checkpoint. From there, Ward and Plesser would be secreted among the family of a Free Syrian Army leader.

A government-issued visa was required to enter the country, “and they certainly were not going to give one to me, because I had already snuck in [before], on my tourism visa,” Ward explains. She and Plesser were virtually the first journalists to spend time with the rebels on the battlefield, going in “just when the Assad regime started using heavy artillery against its own people.” And in those fields that night, the rebel soldiers were returning fire. Ward ducked behind a farmhouse, only to see a young man get shot in the head. She and Plesser realized the bullet had come “from behind us, not in front of us.” This was the worst kind of warfare: “*Chaotic. Bullets were flying everywhere.*”

Ward scrambled through the mud. After uncountable minutes—time disappears, she says; “It’s like you’re under water”—a rebel pulled her onto the back of a motorcycle and whisked her to the home of one of the leader’s brothers. He drove so fast, Ward says, she next feared she’d die in a motorcycle accident.

This was the second of 11 trips Ward has taken to Syria since 2011, most of them under dangerous and dramatic conditions. Her reports have included interviews with both former and current jihadis, among them one leader whom she gotcha’d on camera with evidence that his men had executed the Syrian army prisoners he’d denied having hurt. She’s been blindfolded—in her view, “a unique form of unpleasantness”—and taken to meet rebel soldiers at an undisclosed location. She’s risked the horrendous fate suffered by her good friend, the journalist James Foley, who was beheaded by his ISIS captors. She has interviewed fighters affiliated with the group and one defector from it—in both cases, face to face. According to CBS, she has logged more trips to rebel-held Syria than any other on-air, footage-providing reporter for an American television network. While others have also covered this story, to date it is Ward’s news-making reporting and empathetic interviews with those fighting for freedom that have best captured the accelerating horror story that is ISIS.

Ward has worked some of the most volatile beats of the past decade, including the wars in Iraq and Afghanistan, the Russian invasion of Georgia, the earthquake and tsunami in Japan and the civil war in Yemen. But her coverage of Syria has been so stellar, it earned her two Emmys, the prestigious Alfred I. duPont–Columbia Silver Baton, a George Foster Peabody Award and, in April, the hallowed Edward R. Murrow Award, whose presenters called her work in Syria “unrivaled.”

“She’s the real deal,” says Ward’s producer, Randall Joyce, “a reporter’s reporter who does a lot of legwork and months of research cultivating sources.” The night before Ward and I met, CBS News aired what was perhaps her boldest

foray to date: a face-to-face interview with an ISIS defector—a Westerner and a convert to Islam—who joined, then left, the extremist group. But for all the danger she’s encountered, Ward is surprisingly unlike the swash-buckling stereotype of the thrill-seeking war reporter. “I don’t have a kamikaze, gung-ho, adrenaline-junkie bone in my body,” she insists. “I don’t love being on the front lines ... That’s *not* the part of war I find the most compelling. I like talking to people. I am happy to sneak around, to go under the radar.”

Precision and persistence—even reserve—are Ward’s modes. Squinting into the middle distance, as if cracking a code, she explains what it takes to gain her subjects’ trust, a process that often begins on social media. “I can’t even tell you how many days I’ve spent reaching out to how many different jihadis,” she says. “Twenty or 30: ‘*Salaam alaikum*. My name’s Clarissa. I’m a journalist. I spend a lot of time in Syria ...’ In the beginning they’re all, ‘Go away. Don’t care. Hate journalists.’”

She keeps working it—for weeks, then months. “I’ll tell them about my personal life, my boyfriend,” she says. “They tell me about their wives. Being a woman helps. A lot of them are bored and lonely, and it’s nice to have a female voice [to correspond with online].”

This kind of immersive, punctilious yet also intuition-based method of source development is Ward’s forte. And it is her obsession. “On my summer vacation in the South of France, we’re having Champagne at sunset, and my friends would be like, ‘OK, you need to shut it down with the jihadi texting now.’”

W

WARD, 35, is recounting her 2012 trudge through the mud over tea and carrot cake at a restaurant not far from CBS’s New York headquarters. When we first meet, it is a cold February day, but we will talk by phone and do much emailing over the next several months. Half English, half American, the peripatetic war correspondent, who is based in London, is in town for a rare week stateside. Anyone observing her graceful affect—tall, model trim; erect in the restaurant booth in her chic white jacket—would easily take her for a high-level executive in fashion or finance. How wrong they would be.

After a harrowing motorcycle ride, Ward was welcomed warmly by the wives and

sisters of the rebel leader and his brothers, who risked their lives by playing host to her and Plessner. She gratefully accepted tea, pulling off her body armor so she could breathe. When the women desperately asked her if their men were OK, she blurted an apologetic “I don’t know!” Then a knock at the door brought news: the leader’s younger brother had been killed.

The women erupted in grief. “They’re screaming, they’re wailing, they’re hysterical,” Ward recalls, her emphasis on this moment so concerted, it seems clear that the women’s anguish—and Ward’s helplessness amid it—made a powerful impression on her. “There’s nothing you can say or do to make them feel better. You’re a fly on the wall. You just try to soak up the scene so you can remember it.” She pauses. “So you can tell their story.”

Telling their story: It’s the most important thing. Christiane Amanpour, an inspiration to Ward, once pointedly said of war reporters, “We are *storytellers*”—using that unexpectedly literary word to stress that it is less gunfire that matters than human narratives. Ward agrees. “No, I don’t think I can change the world,” she replies when asked if that is what propels her to these places. “Hubris and journalism don’t necessarily go hand in hand.” Still, she says, “that doesn’t mean I shouldn’t try”—at the very least, to alter Americans’ perceptions of the troubled region “by giving people clear, nuanced, measured and thoughtful commentary.”

And Ward has been telling these stories with compassion.

“It’s really, really consumed me,” she says. “It’s endless heartbreak, Syria. On every trip, somebody I’ve spent time with is arrested, somebody who took care of me disappears, somebody I know dies.”

Which makes her need to tell these stories—and hopefully foster the kind of international understanding that could help make the horror stop—all the more urgent.

C **LARISSA WARD** could have coasted, easily. The only child of an American interior designer and a British investment banker, she wanted for nothing, enjoying a multicultural life with “eccentric parents, [our lives] spread out all over the place,” says her mother, Donna. »

**“I THOUGHT, AS AN AMERICAN,
WHY DO THEY HATE US SO MUCH?
IT MADE ME WANT TO GET
ON A PLANE TO AFGHANISTAN
AND TALK TO PEOPLE.”**





SYRIA'S STORYTELLER Defying a government ban on independent reporting, Ward covered the rebels' fight for democracy, the devastation wrought by civil war and, eventually, the rise of ISIS. Above, from left: In 2012, interviewing members of the Idlib Martyr's Brigade; in Turkey, near the border with an injured Syrian girl whose mother and two siblings were killed.

(The Wards had, at various times, homes in London, New York, Hong Kong, France and Italy, and they traveled throughout the Middle East.) Still, the couple “modeled a very strong work ethic,” Donna adds. “I never talked to Clarissa like a baby. I always treated her as an equal.” Her daughter, she says, “was always extremely disciplined.”

Ward entered Yale in 1998. Her close friend and college suitemate, Prudence Peiffer, now a senior editor at *Artforum* magazine, describes a generous young woman who had “read every great Russian novel but also knew the lyrics to every Britney Spears song.” What was most striking was Ward’s international essence, she says: “She spoke four languages and was taking another.” (Today Ward speaks Spanish, French, Italian, Russian and Arabic.) But more than that, “she was so much more aware than most of us of the world as a place of complicated politics and as-yet-unknown stories.”

Though Ward had planned to be an actress (she was the stand-in for Uma Thurman during the filming of Quentin Tarantino’s first *Kill Bill* movie), the attacks of 9/11, which occurred at the start of her senior year, triggered an intense desire for a different career—indeed, they ultimately crystallized her vocation as a reporter. “When I saw clips of people [overseas, especially in Arab countries] doing little jigs in the street, I thought, as an American, Why do they hate us so much? We’ve got to understand this better! It made me want to get on a plane the next day and go to Afghanistan and talk to people.”

Ward says she realized her globe-trotting childhood, her immersion in other cultures and her “understanding of their richness” enabled—even obliged—her to do what she could to help improve communication. To address “not just how the Muslim world sees America,” she says, but “how we parse and contextualize the information we’re being given” about the Middle East.

After graduating (with distinction) from Yale with a degree in comparative literature, Ward landed an internship at CNN in Moscow, then came back to the U.S. and worked the overnight desk at Fox News in New York. “I was impatient, impatient!” she says. “After a year, I was like”—Clarissa the actress imitates her own hyperenthusiasm—“‘I want to go to Iraq! I want to go to Iraq! I want to go to Iraq!’” The U.S. invasion had just begun; her Fox bosses said, “Give us a break—you’re too inexperienced,” she recalls. They finally sent her to Baghdad in June 2005. A few months later, Ward decided to become a freelance producer; basing herself in Beirut, she helped the frontline reporters with contacts and logistics and “doing some phoners and work for radio.” Then a correspondent generously gave her a big break: He let her ask some questions of the Lebanese president. From this and other footage, she assembled a clip reel that persuaded Fox to use her as a correspondent.

Ward’s time freelancing in Beirut not only kick-started her reporting career but also introduced her to a country she would

come to love: nearby Syria, which she visited frequently to practice her Arabic.

“Oh, gosh! Syria was one of the most beautiful countries in the world!” she rhapsodizes. “Those unbelievably fertile lands with olive groves and orchards, where you can really feel the march of history by way of those incredible ancient ruins.” (In May, Palmyra, the city in which those ruins reside, was taken by ISIS.) She would “walk through the souks and smell the spices and haggle with the merchants over their wares. And the hospitality! I can’t tell you how many Syrian mothers, upon discovering I wasn’t married, suggested that I meet their sons. I cannot tell you how many times I have eaten so much food I thought I would faint, only to have three more pieces of kibbe [mincemeat with bulgur] forced on me because I’m ‘too skinny.’”

In 2007, Ward left Fox, and the Middle East, to cover Beijing and Moscow for ABC. But after the Arab Spring, which began in December 2010, reporters were riveted by the roiling region, where democracy finally seemed possible. In March 2011, when Syrians began attempting to overthrow one of the most ironfisted dictatorships of all (the Asads had held power for 40 years), Ward knew she had to make that country her beat. And so she returned to the Middle East, this time as an international correspondent for CBS.

Civilians were being killed in Syria in the fight for freedom, but only a handful of Western reporters, most posing as tourists, had gotten into the country since the protests started.



GLOBAL CITIZEN Ward has reported from the world's most dangerous and devastated regions, including Yemen, where Iranian-backed Houthi forces seized power earlier this year. Above, from left: In June, at the airport in Yemen's capital, Sanaa, near the wreckage of a plane bombed by a Saudi-led, U.S.-backed coalition; at a Houthi rally in the city.

In early December 2011, Ward—alone, with no producer or escort and without government permission—sneaked in, disguised as a tourist shopping for *objets* at the Damascus bazaars. She had with her a tiny camera, which she used to shoot footage surreptitiously, hiding the memory cards in a compartment she had cut into her underwear. “If the authorities ever found those memory cards, the jig was well and truly up anyway,” she says, figuring that intimate a search would most likely mean she was about to be raped.

At this point in the rebellion's nascent stage, with the U.N. estimating that 4,000 Syrian civilians had been killed, she got footage of the protests, the thronged funerals of murdered civilians (including a 13-year-old boy) and stunning interviews. In her televised report, a doctor told her he was working out of a secret makeshift hospital because in the regular ones, injured protesters had been yanked out of operating rooms mid-surgery by government agents. A young man said he'd been shot three times, but when he recovered, he'd be back on the streets. A prematurely weary, cigarette-dangling 20-year-old woman, videotaped from the back to obscure her face but insistent on using her real name, answered Ward's question about whether she was scared: “Who is *not*? But we have to continue. . . . This [revolution] is what we have been dreaming of, long time ago.”

During this trip, Ward's mother was virtually her only contact with the outside world. “We had a code,” Donna Ward says. “She

would email me, ‘I found the pearl-inlaid boxes you wanted at the bazaar.’ That meant she was safe. It was like *Homeland*.”

W

WARD'S REPORT—her first for CBS—won her the DuPont prize. At the ceremony, Amanpour, who has had more than 15 years of conflict-zone experience, gave her a piece of advice. “She said, ‘Here's the deal. You've got to have a life. The only way you can come out of doing this work intact is if you have a network of people who love you, who know you, if you go to see plays and art exhibits and have dinners with your girlfriends.’”

Ward has heeded that counsel. For the past seven years, she's had a long-distance relationship with a German-British investment banker, who is based in Singapore but flies to London when he can—“and, yes, he worries about me,” she says. She does want to have children someday. “I know I'm no spring chicken,” she exaggerates, “so I need to think about it. But it's always tough to work out [his and my] schedules.” And she has cultivated a circle of women friends in diverse fields, from Peiffer, the *Artforum* editor, to “friends who design vintage-style maternity wear to friends who work in advertising to friends who are ER doctors,” she says.

There is also an unofficial sisterhood of female war reporters who cover the region.

Long gone are the days when only the most bravura and large-living women—icons like Martha Gellhorn and Oriana Fallaci—ventured into this territory, a world so sacrosanctly male that even in the 1960s, American network producers refused female reporters' requests to cover Vietnam. (“I thought I was protecting them,” one CBS producer from that era, Av Westin, abashedly confessed when I interviewed him for a book about television newswomen.)

Today it's “passé” to think women in the field are a big deal, Ward says. When did women in conflict-zone reporting stop being a novelty and start being, if not quite equally represented, not anomalous? NPR's Deborah Amos, who has covered the Middle East for several decades, recalls that “gender roles changed in the first Gulf War [1990–91].” This was also the point at which military women were allowed in frontline, troop-supportive roles and when many enlisted women who were mothers went off to war. “It was easy to spot because we were all in one place—Dhahran, Saudi Arabia,” says Amos. “And the stories were suddenly different. My favorite was one about a female quartermaster out in the Saudi desert who had a problem: too many body bags, not enough sanitary pads. The story was about trading body bags for sanitary napkins.”

Ward believes that women do have certain advantages in the Middle East. “You have access to 50 percent of the population”—women—“that your male colleagues do not

have as much access to,” she notes. And female journalists can make themselves less noticeable: “I come out in a hijab, and I’m basically invisible. The police may be checking cars; they’re not looking for women traveling on their own.”

Ward praises her sister reporters covering the Middle East. “Women are kicking ass in Syria,” she says, mentioning Liz Sly, the *Washington Post*’s Beirut bureau chief; Anne Barnard, who fills the same role at the *New York Times*; Rania Abouzeid, a writer for *Politico Magazine* and other publications; and NPR’s Amos. Amos says Ward “has a much harder job” than she and the others, who are print reporters. “A TV reporter’s assignment is filled with more peril,” she says, “because no matter how small the cameras get, you still have to get those visuals, and that means getting dangerously close.”

Amos feels that this unofficial sisterhood is essential in the violent environment of the Middle East. “‘Please watch my back’ is now part of the job,” she says of the women who work this region. “I’ve asked others to check in on me. I’ve done spotting for others, answered late-night emails: ‘I’m in a tricky situation; what should I do?’”

Ward recalls an early brush with danger, when a triple suicide bombing rocked her hotel in Baghdad in 2005. “During those roughly 20 minutes, I was in a state of shock,” she says. “All my colleagues were completely dazed. But once the daze wore off, there was a sense of excitement at being alive.”

Over the years, that rush has seasoned into something more thoughtful, more pragmatic. “I haven’t thought about turning back or changing course,” she says. “But I have become really selective about the type of assignments [I take]... really rigorous in doing risk assessment.” When approaching a story, she says, she spends months “lying in bed all night, trying to work out how I can put the puzzle together so it’s *not* dangerous.” And if, in spite of her careful planning, she still finds herself in harm’s way, Ward takes a meditative approach.

“When I’ve been in a situation where I really have felt it’s possible that I would die, which has been a few times, the only way I get through it is this way”—she pauses to laugh at the simplicity of her method. “I just think, I don’t want to be here. I don’t want to be here.” Repeating this phrase, ironically, keeps her calm. “Almost sedate,” she says.

“I DON’T HAVE A KAMIKAZE, GUNG-HO, ADRENALINE- JUNKIE BONE IN MY BODY. I AM HAPPY TO SNEAK AROUND, TO GO UNDER THE RADAR.”

But then maybe a year later, on a random day, while on a safe city street, “a car backfires, and you have to resist the urge to hit the deck,” she says. “It becomes part of you.”

A

FTER OUR SIT-DOWN at the restaurant, I go to the CBS studios in New York to watch Ward act as cohost, with correspondent Michelle Miller,

for a multiplatform podcast on the network’s new streaming entity, CBSN. We both know this is not Ward’s *real* work—reading from a teleprompter and introducing clips of the day’s news stories. But she’s game to play the slightly straight-man partner to the more effusive Miller, and the network brass, knowing they have a star in Ward, want to use her in this capacity when they can.

Ward may be just reading the news, but most of the items this morning are somehow connected to her own story—both the particular international saga that she is devoted to narrating and her career as a reporter’s reporter. There’s a piece about how the aid worker Kayla Mueller’s murder by ISIS has rocked her Arizona hometown, and there’s a report on the opening of the Texas trial of the man who killed Chris Kyle, the Navy SEAL who was the subject of the movie *American Sniper*. The big news of the morning is the suspension of *NBC Nightly News* anchor Brian Williams, for fabricating his own heroics while covering the fighting in Iraq. Here is a highly paid, male top news anchor feeling compelled to make up stories a mere fraction as harrowing as the real ones that this delicate-looking female correspondent

has gone through dozens of times. Ward and Miller go light on the Williams story. They seem not to relish speaking of the travails of a fellow newsperson, so the expert being given 10 minutes of airtime on the subject is the Manhattan media world’s favorite pundit, the odd but fantastically charismatic *New York Times* columnist David Carr.

After the podcast ends, Ward grabs her coat, thanks me for my time and is off—to meet one of her most important mentors and closest CBS friends, veteran war reporter Bob Simon. She’s scheduled to report a *60 Minutes* story this Sunday on the *Charlie Hebdo* executions in France, and Simon has teased Ward, “Who’s going to lead the show this weekend, kiddo, you or me?” He is very proud of his star mentee. Simon has covered every global conflict since Vietnam, and he spent 40 days in Iraqi captivity during the first Gulf War. He is a lodestar to Ward.

Then the unthinkable happens: That very evening, Simon—who has faced danger on every continent—is killed in a car crash a mere eight blocks from this studio. One night later, Carr will die, collapsing near his desk at the *New York Times*.

Upon hearing of Simon’s death, I immediately write Ward a condolence email. It’s a small group of storytellers, these top conflict-zone reporters, and their bonding is intense. Ward writes back within seconds, her message simple and direct. “Thank you, Sheila. There are no words. The loss is immeasurable. He was the best.” ☉

SHEILA WELLER is the author of seven books, including *The News Sorority: Diane Sawyer, Katie Couric, Christiane Amanpour—and the (Ongoing, Imperfect, Complicated) Triumph of Women in TV News*.





Are household chemicals making you sick?

Endocrine-disrupting compounds are in your food, furniture and personal products.
How worried should you be? **BY LINDA MARSA**

AMERICANS are swimming in about 1,000 kinds of hormone-altering substances. Though they are discrete and different compounds, they are all categorized as endocrine-disrupting chemicals (EDCs), because they have the same unintentional side effect: They imitate or interfere with the action of naturally occurring hormones such as estrogen and insulin, potentially causing mayhem in your body. Research has linked EDCs to early puberty, decreased sperm counts, endometriosis, fibroids and hormone-related cancers (such as breast, uterine and thyroid). Women are considered more vulnerable than men because

many EDCs settle into fat tissue, and women typically have more of that than men do.

These chemicals are ubiquitous. You may come in contact with EDCs when you brush your teeth, inhale airplane fumes, touch cash register receipts, use a douche product or eat a lunch that's been microwaved in a plastic container. An estimated 95 percent of Americans show detectable urine levels of one endocrine-disrupting chemical, BPA (bisphenol A, found in some plastics and epoxy resins), according to a survey by the Centers for Disease Control and Prevention. The assumption is that most people in the U.S. have

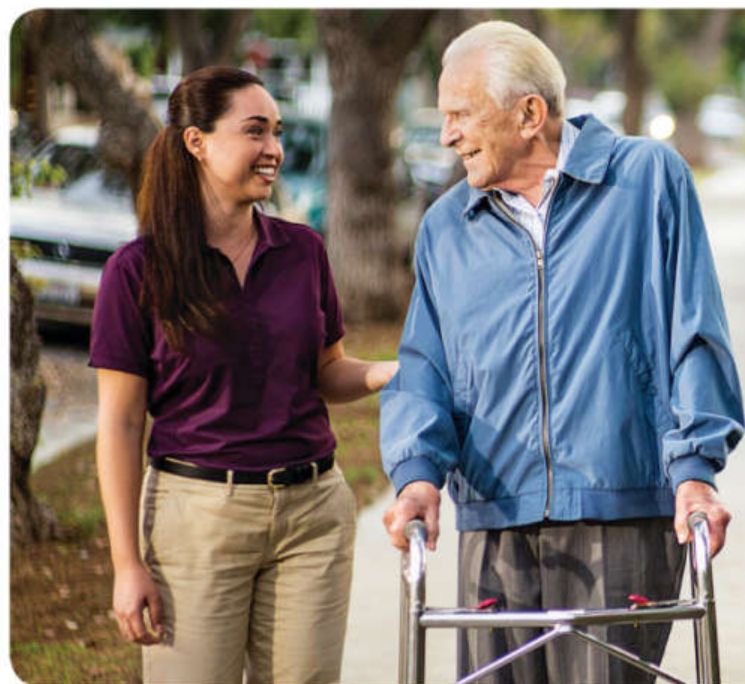
hundreds of these chemicals in their bodies, says the Endocrine Society, an organization of 18,000 researchers and physicians from 120 countries. That's a dangerous situation, and it's only getting worse.

The number of EDCs in the environment is increasing rapidly, mainly because the output of chemicals produced by humans continues to grow, says Laura Vandenberg, PhD, an environmental health scientist at the University of Massachusetts–Amherst. In the past decade, research on the risks of these compounds has taken on greater urgency. Almost every week, a new link to, say, breast cancer appears in the



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medical literature. “There’s been an explosion of science in the field, the correlations have gotten much stronger, and we have much bigger populations to base these conclusions on,” says Andrea Gore, PhD, a professor of pharmacology and toxicology at the University of Texas, Austin. At the same time, research has shown that it is possible for people to reduce their exposure to at least some EDCs. In other words, you *may* dodge a bullet.

WHY IT’S HARD TO QUANTIFY RISK

THERE’S little controversy about the existence of EDCs, and a few, such as DDT (a pesticide), lead (a heavy metal), arsenic (a natural element sometimes found in water) and PCBs (a group of industrial chemicals), have been banned or tightly regulated in the developed world for decades. What’s up for debate is how much danger most EDCs present. “Not all chemicals that interact with the endocrine system present a risk of harm—in many instances, the body naturally adjusts, meaning that there is no negative health effect,” wrote the American Chemistry Council in a statement to *More*. The trade organization added that an “endocrine active” substance is not necessarily “endocrine disruptive.”

Part of the disagreement about risk stems from a lack of consensus on what constitutes dangerous levels of exposure. Traditionally, tests for toxicity assume that the higher the dose of a chemical, the more toxic it is. Experiments on adult animals are used to determine a threshold below which chemicals are considered safe, and by these measures, people may feel that some doses of EDCs are OK. However, even small doses of naturally occurring hormones such as estrogen can have a huge impact on the body at certain moments, and many scientists feel this is also true for the synthetic versions. “We now believe that tiny amounts of these chemical messengers are enough to trigger significant biological changes during crucial stages of development, such as puberty,” says Gore, who is editor-in-chief of *Endocrinology*. A 2012 review conducted by scientists at Tufts University, the University of Minnesota, the University of Massachusetts and the University of California, Berkeley, among others, looked at more than 800 rigorous studies and

FINDINGS



concluded it was “remarkably common” for scant amounts of these chemicals to have profound consequences for human health.

What’s more, “often the lower dose is the most toxic,” notes Jodi Flaws, PhD, a biologist and toxicologist at the University of Illinois, Urbana-Champaign. “Although the reasons for this are unclear, it could be that really high levels of these chemicals shut off the pathways that cause toxicity, whereas lower doses sidestep the body’s normal shutdown mechanisms.” In 2009 the American Medical Association took this new understanding into account when it called for improved oversight of EDCs based on “comprehensive data covering both low-level and high-level exposures.”

HOW EDCs CAN HARM OUR HEALTH

ENDOCRINE-disrupting chemicals may prompt the body to churn out too much or too little of the hormones they mimic, which can disrupt the orderly process of key developmental stages such as pregnancy, puberty and menopause. These compounds can also jam

the normal hormonal signals between cells or send error messages that tell cells to die prematurely or reproduce wildly out of control—hence their links to cancers. In addition, they can accumulate in hormone-producing organs, which may alter how the organs function.

Many health risks related to EDCs have been uncovered in studies with lab animals. “But humans are not giant rodents—and they respond to toxins differently,” cautions Joe Schwarcz, PhD, director of McGill University’s Office of Science and Society in Montreal. Some of the newer insights, however, have been derived from investigations of humans.

For instance, recent studies of humans suggest that BPA, an estrogen mimic once commonly used to coat the insides of food containers, may pose reproductive dangers to women. A Harvard study of women undergoing fertility treatments found that high urinary concentrations of BPA were linked to reduced fertility and the women’s inability to get pregnant. Similarly, in Stanford University research, pregnant women with high blood levels of BPA had an 83 percent greater risk of miscarriage. Other studies have connected BPA exposure to premature deliveries

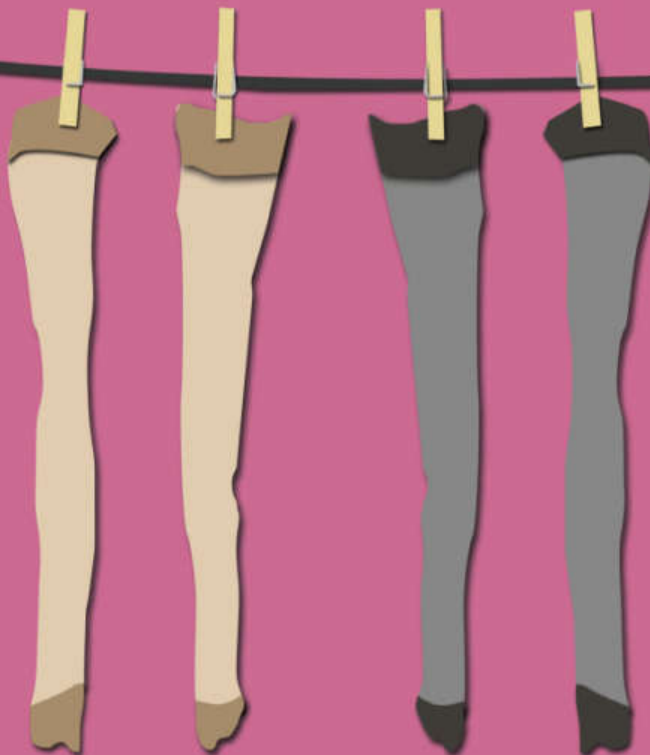
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and lower birth rates. In the 1990s, research linking BPA to possible health risks—especially in young children—grabbed headlines, and consumer pressure led to a decline in the use of the chemical. The Food and Drug Administration as well as more than a dozen states, including California, New York, Washington and Wisconsin, restrict or outright ban certain products, like baby bottles and sippy cups, that contain BPA. But the chemical is still found in dental sealants, paper receipts and some food cans and beverage containers.

You are likely to be exposed to low levels of a variety of EDCs throughout your life, and many researchers believe that combinations of EDCs may create what's known as toxic cocktails. Research released earlier this year by a Washington University team tested blood and urine samples of 1,442 menopausal women for the presence of several EDCs, including phthalates, dioxins and pesticides, some of which have been shown to undermine normal ovarian function. The results were startling: Women with high levels of these chemicals went through menopause two to four years earlier than those with low levels, who typically experienced the hormonal transition at the normal age of 51. To put this finding into perspective, cigarette smoking, another fertility robber, hastens menopause by only half that time—one to two years. Premature menopause doesn't just mean an earlier end to fertility. That loss of estrogen can accelerate the development of a number of serious health issues, including heart disease and bone loss, says James H. Liu, MD, a reproductive endocrinologist at University Hospitals Case Medical Center and Case Western Reserve University School of Medicine in Cleveland.

WHERE ARE THE GOVERNMENT SAFEGUARDS?

IF endocrine-disrupting chemicals are associated with poor health, why are they so widespread in our environment? In the United States, there are no real regulatory protections; chemicals are innocent unless proved guilty. Under the federal Toxic Substances Control Act, which became law in 1976, chemicals don't have to be tested for their health consequences before they're released into the marketplace.

Only a small fraction of the approximately 84,000 industrial chemicals in use have been investigated for health effects, and most chemicals have not been tested at all. In 2009 the U.S. Environmental Protection Agency ordered safety tests of 250 of these chemicals, but so far only nine have been banned or restricted, partly because, for the reasons mentioned above, it is challenging to determine the real danger threshold. "They all have the potential for doing harm. But it's very difficult to determine definitively whether they actually represent a risk," says McGill's Schwarcz.

While the European Union is working on a hotly contested program for identifying and regulating endocrine-disrupting chemicals, the United States continues to have a toothless regulatory system. "It allows industrial chemicals to be used without any significant testing of safety," says Philippe Grandjean, MD, PhD, who is on the faculty of the Harvard University School of Public Health.

Congress is considering legislation to change testing and control. Two competing bills that were introduced earlier this year would modify the Toxic Substances Control Act, which hasn't been updated since its passage in 1976. One proposed law, sponsored by Senators David Vitter and Tom Udall, is a "giant step backward," say health and safety advocates, because its safety thresholds are not as strict. It also wouldn't require enforcement at the state level, which could thwart action on local health issues. The other bill, sponsored by Senators Barbara Boxer and Edward Markey, calls for a faster review of the more hazardous EDCs and much more stringent safety standards.

HOW TO PROTECT YOURSELF

SINCE safe doses of EDCs are difficult to establish, some organizations, such as the nonprofit Environmental Working Group, urge Americans to avoid these chemicals as much as possible. With some EDCs, this is surprisingly doable for motivated people.

A 2011 study reported in *Environmental Health Perspectives* found that a three-day diet of fresh foods significantly reduced urinary levels of BPA (used in some canned foods and plastic containers) **CONTINUED ON PAGE 118**

AN EXPLANATION FOR OBESITY?

THE rates of obesity and type 2 diabetes are skyrocketing. While overeating and sedentary lifestyles are certainly big contributors, the incidence of these two life-shortening disorders has risen in lockstep with the exponential growth of endocrine-disrupting chemicals over the past 40 years. Some experts believe this is not a coincidence.

In a 2006 study, Bruce Blumberg, PhD, a developmental biologist at the University of California, Irvine, fed pregnant mice tributyltin, an EDC used in some paints, baby diapers and plastics that programs cells to become fat cells. When the offspring of these mice grew up, they were as much as 16 percent fatter than their normal brethren, even though they weren't eating more or moving less. Similarly, a 2012 Danish study found that women who were exposed in the womb to a common stain repellent known as PFOA (perfluorooctanoate) were three times as likely to be overweight and have large waists when they were young adults.

About 30 "obesogens"—chemicals that prompt the body to store fat—have been identified. Prenatal and newborn doses cause the most damage. "Early exposures can permanently alter the systems controlling weight and glucose levels, making it easier to gain pounds and become diabetic later in life," says Jerrold Heindel, PhD, a program administrator with the National Institute of Environmental Health Sciences. Adults who are exposed to EDCs are also at risk for obesity.

Bottom line: If you're trying to lose weight, that's one more reason to reduce your exposure to endocrine-disrupting chemicals.

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Q: My husband likes to watch porn videos. I'm not a prude, but I don't like his choices and would prefer to find something we can both enjoy.

A: “When two partners agree on what’s OK to watch, sexually explicit films can really be a turn-on,” says gynecologist and sexual-medicine specialist Maureen Whelihan, MD. In fact, a study published last year in the *Journal of Sex and Marital Therapy* found that women who watch porn with their male partners show greater satisfaction in the relationships. Men and women may, however, have different viewing preferences. Most men are aroused by what they see, even if it’s simply a nipple through a shirt, while many women are more interested in “something with a story line that stimulates fantasy,” says Whelihan, author of *Kiss and Tell Secrets of Sexual Desire from Women 15 to 97*. Because more women directors are filming erotica, female-friendly videos aren’t hard to find. Go, for instance, to babeland.com and search for “porn.” Or try the “romance” offerings at bettersex.com. You could also take the remote from your partner’s hand while he’s watching a sex video and fast-forward until you find a part you enjoy. “You might be surprised at what you actually do like to watch,” Whelihan says.

Q: Are there any natural ingredients I can use to lubricate my vagina before sex? I’ve heard that certain oils—almond, coconut and olive—work well.

A: Eating healthy oils can help keep your heart in top shape, but they are not the best products to put inside your vagina. Grocery items are not sterile, which means they may introduce bacteria into the vagina. They may also alter the vagina’s acidity, which makes women more susceptible to infections, says Cheryl Iglesia, MD, professor of obstetrics, gynecology and urology at Georgetown University in Washington, D.C. A better bet: the personal lubrication products sold over the counter for intravaginal use; these undergo safety testing by their manufacturers. Even these products can be irritating, especially if they contain fragrances, flavors or “warming” ingredients. “You may need to try a few products to find ones you feel comfortable with,” says Iglesia. Lubrication products perform differently depending on whether their base is water, silicone or petroleum. Those that are petroleum-based can make latex condoms porous or subject to tears (water- and silicone-based gels are fine). Water-based lubes are the easiest to wash off, but silicone products last longer inside you, Iglesia explains.

Q: I recently bled after having sex. Should I be worried?

A: There are many reasons this could happen, says Judith Volkar, MD, a gynecologist with Magee Womens Hospital at the University of Pittsburgh Medical Center. The most common causes include vigorous sex with inadequate lubrication (leading to small tears in the vaginal wall or opening); vaginal infections; STDs such as chlamydia; vaginal dryness due to, say, hormonal imbalances; cervical or uterine polyps; and uterine fibroids—most of which are easily prevented or treated. Bleeding after sex can also be caused by cervical or uterine cancer. “If you are premenopausal, get regular checkups and have normal Pap tests, don’t assume the worst,” Volkar says. “But do see your doctor if the bleeding happens more than once.” During the postmenopausal years, which are peak time for uterine cancer, “all bleeding after menopause needs to be investigated,” says Volkar. Contact your doctor even if this happens only once. —WRITTEN BY JOAN RAYMOND

GOT A QUESTION ABOUT SEX?

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HOUSEHOLD CHEMICALS

CONTINUED FROM PAGE 114 and phthalates (often found in plastic food packaging). Study participants ate fresh, organic fruits, vegetables, grains, dairy and meat. “Preparation techniques avoided contact with plastic utensils and nonstick-coated cookware [some nonstick-coated cookware contains poly- and perfluoroalkyl substances, or PFASs, which are EDCs], and foods were stored in glass containers with BPA-free plastic lids,” write the study authors. Participants used stainless steel water bottles and lunch containers and made coffee in a French press or ceramic drip rather than use a plastic coffeemaker or buy joe from a café. Levels of BPA fell by 66 percent and phthalates by 53 to 56 percent.

An earlier study found that a five-day “Temple Stay” program in Korea, during which visitors ate the same vegetarian diet as resident monks, significantly reduced the attendees’ exposure to some phthalates; another project, in Washington State, determined that providing children with organic meals for five days caused a “dramatic and immediate” drop in their exposure to endocrine-disrupting pesticides. Conversely, rises in EDC levels have also been demonstrated in Harvard research in which college students who drank from bottles containing BPA for a week increased their urinary concentration of the chemical by 69 percent. But because EDCs are so prevalent in the environment—brown rice can be laced with arsenic; spices such as paprika might be contaminated with lead—“it is impossible to completely eliminate all exposures, even if you obsess about it,” says Bruce Lanphear, MD, an expert in EDCs at Simon Fraser University in Canada.

If you’re concerned about EDCs, the Environmental Working Group has some suggestions for reducing your exposure:

- Don’t microwave food in plastic containers; this can accelerate leaching of phthalates and other chemicals into your meals.
- Avoid pesticides by buying organic produce, especially peaches, apples, grapes and green beans, which are commonly sprayed with organophosphates by commercial producers. Wash fruits and vegetables thoroughly to reduce pesticide residue.
- Substitute glass and stainless steel containers for plastic ones when you can. Avoid plastics marked with the letters *PC* (polycarbonate) or the recycling label #7 (these items may contain BPA).

– Stay away from food in cans, which may be lined with BPA. A few companies, such as Eden Organic, sell items in BPA-free cans.

– Reduce your risk of ingesting dioxins, a carcinogenic by-product of industrial production, by cutting your consumption of fatty meat and dairy products. Although no longer produced, dioxins linger for years in soil and sediment and contaminate the food chain, especially animal products.

– Don’t use nonstick pans. Avoid clothing, furniture and rugs with stain- or water-resistant coatings; they may contain EDCs.

– Opt for email instead of paper receipts at the bank and supermarket; you’ll avoid the BPA-soaked powder used on some receipts.

– Since old paint is a big source of lead contamination, use great care when renovating homes built before 1960. “We recommend using experts when remodeling houses with lead-based paint,” says Sonya Lunder of the Environmental Working Group.

– When vacuuming, use HEPA air filters to remove chemical fire retardants and other toxins from your household. Also, when possible, don’t buy furniture or products that have flame retardants (check labels).

– Read up on which products present risks. Try the websites of these organizations: the Environmental Working Group (ewg.org), which researches the links between our health and environmental toxins; the Endocrine Disruption Exchange (endocrine.disruption.org), which compiles and disseminates scientific information on endocrine-disrupting chemicals; and the Silent Spring Institute (silentspring.org), which studies the links between the environment and women’s health issues, especially breast cancer. ☉

LINDA MARSA’s most recent book is *Fevered: Why a Hotter Planet Will Hurt Our Health—and How We Can Save Ourselves*.

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LESSONS FROM THE WILD GIRLS

CONTINUED FROM PAGE 65 women. They gave me a glimpse of what I took at the time for courage and strength. I didn't see any of the fear or pain that must have led them to our door. They were small-town rebels, and they were fully themselves even though they didn't fit the silhouette of how I was told nice girls should be. I was a bookish kid, secretly drinking in my bedroom, about to find pot and other drugs. I sensed a difference in me, an apartness that was too timid and buried to name. These girls were wearing their differences on the outside.

Most of all, none of them were afraid of my father. Bea and Amy tended to either ignore him or roll their eyes if he said something that wasn't to their liking. May would flare back and let him know that she was off-limits. My mother, on the other hand, was like me: quiet and aloof and out of harm's way. The girls who stayed in the guest room were warrior elves or powerful wizards who'd come to visit the hobbits of the Shire. We tiptoed gently while they strode with power.

It has always been easy for me to admire Diane Ladd's character in the movie: She was Rose's great champion, taking her in and defending her when no one else would. But it has not always been so easy for me to admire my mother. Instead of being impressed that she helped all the Roses who came and went from our home, I measured her against them and found her lacking. She never stood up to my father to defend herself, or us. Or at least not that I ever saw. But she somehow persuaded him to let these girls in, which I can't imagine was easy. These were wild girls, and my mother adored them. Maybe she, too, drew strength from their free spirits and found something to admire in herself by lending them a hand when they needed it.

There is one scene in *Rambling Rose* that has always been my favorite. It's late in the film, when the town doctor, backed by Robert Duvall, tries to persuade Diane Ladd to let him give Rose a hysterectomy to relieve her of her sexual potency. They explain carefully that it will be a blessing to her, the easing of a great burden. Diane Ladd is quiet at first and then rises like a ferociously protective lioness, delivering a speech that begins, "Over my dead body." It is magnificent. Duvall is, at first, without

words, but then he says, simply and sincerely, "Mother"—he called her Mother—"I was wrong. And you're right."

How I wished my mother would be more like that Diane Ladd character. Book smart, moneyed, sophisticated and, most of all, strong. My mother grew up poor in a dying steel town in Ohio and somehow got to New York, where she became a flight attendant and met my father, a pilot for TWA. They married and had four kids, and she divorced him the year I moved to New York (which was, as it happens, the year after *Rambling Rose* was released in theaters).

Many people, myself among them, had encouraged her to leave him years before. It drove me crazy that she wouldn't. Just as it drove me crazy when she defended my father but not herself. But like Buddy, who saw Rose and his family only through the very limited perspective of his adolescence, I only saw what I saw, only knew what I knew.

During my childhood and for more years after than is comfortable to admit, my mother's gentle tread, forgiving nature and unwillingness to leave my father looked to me like weakness. But now, remembering the smoky storm of girls who passed in and out of our house, those Roses who came seeking temporary shelter, I can see that she was, for them, quite the opposite. She was strong. A fierce protector they could run to, hide behind and count on when there was no one else.

Mother, I was wrong. ☉

BILL CLEGG is a literary agent and the author of a novel, *Did You Ever Have a Family*, and the best-selling memoirs *Portrait of an Addict as a Young Man* and *Ninety Days*. As *More* went to press in August, his novel was in contention for the Man Booker Prize.

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ON COMING OF AGE IN NYC “A city like this one really gets your blood flowing and encourages your curiosity about everything from a young age: art, design, food.”

ON WHAT DREW HER TO HER CAREER “Between growing up with a mother who is both a rug designer and a businesswoman [she owns the rug company V’soske] and having the great art historian Linda Nochlin as my mentor at Vassar College, I was really attracted to Estée Lauder—because it’s a company founded by a woman for women. Our brand is a woman’s name. It’s not Lauder; it’s Estée Lauder. We have her legacy to live up to every day.”

ON GETTING INVOLVED “I’m on the boards of the Fashion Institute of Technology and the Breast Cancer Research Foundation. Yes, I work a long day. However, I believe that giving back is an essential part of living a rich life.”

ON SERIOUS STILETTOS “During the workweek, I like to wear dresses or pants with jackets, which I always pair with pumps. I sport Manolo Blahniks Every. Single. Day. Flats are for weekends!”

ON WHAT’S IN HER MAKEUP BAG “My life is full of lab samples and testers. Currently I’m using a moisturizer we’re introducing down the road that’s part of the Supreme line, and New Dimension Shape + Fill Expert Serum [\$89; esteelauder.com], which we launched in July. I couldn’t put something out there I didn’t love.”

ON THE UPSIDE OF AGE “You know what you’re good at, and you’re clear and confident. It makes you able to put your ego aside and do things for the right reasons.” ☺

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